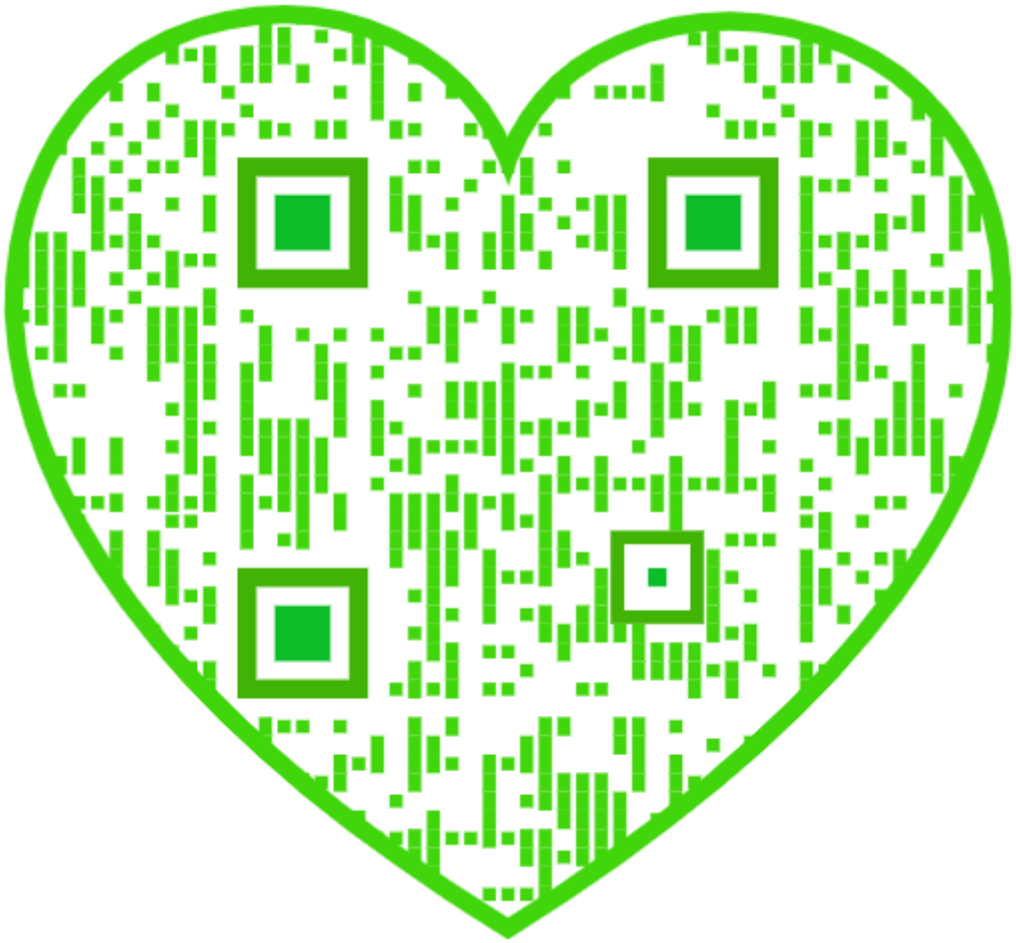
Good-Living

Household Edition

Sara Van Buren



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Putnam's Homemaker Series

By Olive Green

I. What to Have for Breakfast
II. Everyday Luncheons
III. One Thousand Simple Soups
IV. How to Cook Shell-Fish
V. How to Cook Fish
VI. How to Cook Meat and Poultry

To be followed by

VII. How to Cook Vegetables
VIII. Salads
IX. Desserts
X. Everyday Dinners

G. P. Putnam's Sons

New York *London*

HOUSEHOLD EDITION

GOOD-LIVING

A PRACTICAL COOKERY-BOOK FOR TOWN AND COUNTRY

BY

SARA VAN BUREN

THIRD EDITION, WITH ADDITIONAL MATERIAL

"We may live without poetry, music, and art;
We may live without conscience and live without heart;
We may live without friends; we may live without books;
But civilized man cannot live without cooks.

"He may live without books—what is knowledge but grieving?
He may live without hope—what is hope but deceiving?
He may live without love—what is passion but pining?
But where is the man that can live without dining?"

"Lucile"—OWEN MEREDITH.

G. P. PUTNAM'S SONS

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The Knickerbocker Press, New York

PREFACE TO NEW EDITION.

In offering this new chapter (see p. 564) the author has deemed it unnecessary to multiply the technical details of the preparation of many of the dishes, the body of this work containing full instructions as to the foundation sauces, and processes of cooking. In the Index will be readily found answers to every question that may arise as to manner and method.

In some instances, however, for very important new dishes, more detail is given. The space being limited, it has seemed to the author better to give as many new receipts as may be compatible with perfect clearness, always with the chief purpose in mind of making the receipts practical.

Many receipts are absolutely new. Others are new to this work, especially the receipts for chaud-froids and the finer grade of jellied dishes, to which the author begs to draw particular attention, as they hold a very high place in the finest French *cuisine.* The simplified details of these preparations are most carefully studied, with the earnest desire of bringing these gastronomical dainties within reach of every housekeeper.

Where artichokes are called for, the author begs to say that "fonds d'artichauts" are now to be had in tins, and of an excellent quality, but urges that, in all cases where the receipt does not direct to cut up the artichokes, those of largest *circumference* may be selected, the small ones being quite useless to serve whole.

French leaf-gelatine is excellent and recommendable and perfectly obtainable at large grocery-shops. It requires no soaking, which in many cases simplifies the preparation of jellied dishes.

ANTWERP, BELGIUM,
February, 1908.

PREFACE.

IT is proposed, in this present work, to make an attempt to carry the simplicity and exactness of the science of cookery one step forward, and thus contribute toward bringing this most excellent and necessary branch of chemistry (of which cooking certainly forms a part) into the more immediate and practical use of our own households. It is most earnestly desired to help house-keepers to set forth a dainty table at moderate outlay, and to give them receipts so clearly and accurately explained that the percentage of success shall be materially increased—granted that the same house-keeper or her cook shall bring to the undertaking an average amount of intelligence; for, no matter how much pains any writer or compiler of cookery-books may take to make receipts clear and practical, the same necessity exists as that recognized by the great painter, who, when asked how he mixed his colors, replied, "With brains, sir."

There has been, within the last few years, a marked improvement in the designation of the various ingredients and their quantities to be used in the preparation of dishes; it is much less common nowadays than formerly to be told to "take some" of this, that, or the other, thereby leaving the chance of success entirely dependent upon the accident of guessing happily, or otherwise, at the relative proportion of the component parts of dishes. The noticeable improvement in this respect is already a stride taken in the right direction, and receives full consideration in the present work.

It is frequently found to be a stumbling-block to the success of a dish that the time for the fire to do its work is not

specified. This last must be recognized by all as being a most important factor in the case. Of course, it is often impossible to lay down fixed rules on this subject; but it is possible to give an approximate idea—to give an average of time, which shall be dependent only to a certain extent upon concomitant circumstances, notably upon the heat of the fire; this latter depending, not upon the maker of the cookery-book, but upon the maker of the fire. Surely, with experience to guide, and an earnest desire to throw light upon this important point, we ought and must be able to improve upon the old-fashioned "cook until done"; which form of phrase conveys to the amateur, or to the inexperienced cook, no idea whatsoever as to whether allowance should be made of six hours or six minutes for the fire to do its share in the preparation of the dish to be served. This, therefore, is the point to which much study has been devoted, for decisions upon which the best authorities have been consulted, and unlimited tests made, with, it is believed, results that will be of substantial service to many struggling souls.

Especial attention has been given to our conventional, simple, home dishes, which, as a rule, are not sufficiently noticed; it being taken for granted, apparently, that, on account of their simplicity, directions are unnecessary. This mistake causes the results which are witnessed daily; the simpler the thing, the worse it is done. Take, for example, tea. How very easy it is to make, and yet how many are there who make it really well? Another example: In one instance met with, the subject of "Roast Beef" is disposed of with about half a dozen lines as to the cooking, a few more as to the serving and remarks—leaving, practically, the whole success to the brain and experience, or *in*-experience, of the cook. Now if the cook knows, she requires no receipt; if, on the other hand, she is ignorant and requires a receipt, it should certainly be a full and clear one, from which she can work with the fairest chance of success; failing to find this, the result, nine times out of ten, is badly roasted beef. For these reasons, the receipts for roasting meats,

poultry, game, etc., have been most carefully studied, even in the smallest detail. There is a trite old saying to the effect that "If a thing is worth doing at all, it is worth doing well"; to nothing does it apply more correctly than to the question of cooking; therefore, even in the least of these receipts, pains have not been spared to enable the cook, be she amateur or otherwise, to turn out, no matter how simple the *menu*, dishes that shall be successful, appetizing, and complete.

An effort has been made to save from the general fate, a number of good, old-fashioned receipts, which are gradually being elbowed out, and their place taken by elegant novelties which have, perhaps, not a fractional part of their relish to recommend them. But attention is called to the fact that, while plain, old-fashioned dishes have their place and share in the present book, it is far from being devoted solely to them.

This work is not designed for *chefs de cuisine*, but for that large class of house-keepers who have a proper appreciation of the value of "Good-Living" as being, obviously, conducive to health and domestic happiness. For young house-keepers, who have their experience to gain; it is sincerely hoped that this present will assist them to purchase that same experience at the expense of far fewer failures in the way of dinners, far less outlay and waste of good materials, and far less useless expenditure of nerve-force. Also, for the young cook, who has a worthy desire to improve herself. It has, therefore, been made a rule to admit no receipt which does not bring with it as recommendation, first of all, acceptability; then simplicity of execution, and, possibly not least important consideration, moderate outlay—to furnish the best for the least cost—a good *cuisine*, and, at the same time, an economical one. To this end have been eschewed all fancifully-extravagant receipts, calling for condiments which are not habitually in use, or for an excessive quantity of any very expensive materials. As there are many books where receipts of this latter class may be found, it has been deemed unadvisable to add one to that vast collection.

An earnest endeavor has been made to collect a series of dishes to please all palates, the *gourmet's* included. There will, therefore, be found a large number of receipts for the daintiest tastes, selected from many countries, to suit the various requirements of our cosmopolitan community. Endless researches have been necessary to select these receipts from the most approved sources, those from other countries being dishes for which one or other land is famous. As the French *cuisine* is recognized as being the first of all, many receipts are taken from that source, adapting many of its methods to our requirements. In the same way, Belgium, that land of solid good-living, second, only, in excellence to France, has been taxed for contribution to our work. England, Germany, Italy, Holland, Denmark, etc., etc., all contribute something.

From our home *cuisine* are selected the best and most popular dishes of the Eastern States; those again of Philadelphia, that paradise of terrapin and kindred good things; from Baltimore and the South, many of the excellent dishes so well prepared by the negro cooks; and from further South still, we have the many delicious receipts furnished by the creole school of cookery.

This outline will convey a slight idea of the enormous field that has been gone over, and authorities consulted, among whom are:

Urbain-Dubois, "Cuisine Classique."
Audot, "Cuisinière de la Campagne et de la Ville."
Caudelier, "Cuisine Économique."
Pierre Caron, "French Dishes for American Tables."
Caréme.
Gouffé.
Soyer.
Mrs. Reeve, "Cookery and House-Keeping."
Mrs. Beeton, "Modern Household Cookery."
Miss Leslie, "Complete Cookery."
Kensington School, "Lessons in Cookery."
Mrs. Henderson, "Practical Cooking and Dinner-Giving."

" In the Kitchen."
Marion Harland, " Common-Sense in the Household."
" " " Breakfast, Luncheon, and Tea."
Mrs. Rorer, " Philadelphia Cook Book."
Miss Corson, " School Text-Book."
" " " Cooking Manual."
Miss Parloa.
Etc., Etc., Etc.

There is given a " Time-Table " for meats, one for poultry and game, and one for vegetables. This is believed to be a novelty, and one that will supply a long-felt want; and should be of great assistance, as the tables have been prepared with infinite pains, research, and tests innumerable.

There is also given a " Table of Comparative Weights and Measures," which will be found useful in the kitchen.

A chapter of " Relishes for Breakfast " has been added, which, it is hoped, will serve as an aid to the house-keeper in making out her bill-of-fare for that meal; oftentimes a weariness to the spirit after the labor of planning for luncheon and dinner.

The chapter of " Stray Notes," contains, as its title implies, notes on various household subjects, which may be of practical service. There are directions for the " Order of Service of Dinner," which will be found very useful in making out *menus*. Also will be found, wherever it is deemed appropriate, the French as well as the English names of dishes.

As a rule, the receipts are based upon the requirements of a family of average size—that is, six to eight persons.

Acknowledgments are tendered to those authors from whose works have been taken some of the following receipts; as also to the many private sources which have contributed so generously to the collection.

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TABLE OF COMPARATIVE WEIGHTS AND MEASURES.

		lb.	oz.
16 ounces	equal	1	
1 quart of sifted flour	"	1	
1 quart of powdered sugar	"	1	7
1 quart of granulated sugar	"	1	9
1 closely-packed pint of butter	"	1	
10 moderate-sized eggs	"	1	
3 cups of sugar	"	1	
5 cups of sifted flour	"	1	
Butter, size of an egg	about		2
Butter, size of a walnut	"		1
1 tablespoonful of butter	"		2
Average weight of a good-sized egg	"		2
1 pint of water or fruit juice	"	1	

1 sherry glass = ½ gill.

1 wineglass = 1 gill.

1 cup = about ½ pint or 2 gills.

5 sherry or whiskey bottles to 1 gallon.

4 gills = 1 pint, 2 pints = 1 quart, 4 quarts = 1 gallon.

60 drops = 1 teaspoonful, 2 teaspoonfuls = 1 dessertspoonful.

4 teaspoonfuls = 1 tablespoonful.

2 dessertspoonfuls = 1 tablespoonful.

1 tumbler = ½ pint or 2 gills.

2 saltspoons = 1 teaspoon (dry).

GOOD-LIVING.

SOUPS, PURÉES, AND SOUPS WITHOUT MEAT.

GENERAL DIRECTIONS FOR MAKING SOUP.

CONSOMMÉ.

8 lbs. shin of beef,
10 quarts of water,
3 or 4 large carrots,
4 large onions,
10 allspice,
1 head of celery,
Whole shin of veal,
Salt and pepper,
3 leeks,
6 cloves,
1 cup of tomatoes or a handful of sorrel,
Bunch of parsley.

Put the meat, water, pepper, and salt into a large-soup-kettle. (An old hen may be substituted for the shin of veal.) Keep it where it will come slowly to a boil, 1 hour; then draw it forward, and bring it to a good boil; skim as the scum rises; in another hour add the vegetables, etc.; boil very gently, but *incessantly* for about 10 hours, making in all about 12 hours of cooking.

Too much stress cannot be laid upon the importance of these two great essentials to the making of good soup: First, never let the soup stop boiling for one instant: Never add water, once the soup is started. Neither, on the other hand, must you let the soup boil at a racking rate, or it will be muddy, and you will lose a great deal by evaporation. If the fire needs replenishing, have your cook feed first one

side, then the other, when the first is well ignited. These rules are very simple, surely, but it will be found extremely difficult to make the ordinary cook, of the style we have in America, respect or appreciate them, unless by patience and repetition on the part of the house-keeper. The best soup in the world, no matter how much good material has been put into it, will be rendered insipid, flat, and tasteless by the infraction of any of these rules. Take them to heart: call them the "Golden Rules" of soup-making, and you will have learned a secret which you can impart to your sister-house-keepers, with the secure sense of conferring a benefit upon poor soup-loving, long-suffering humanity.

As your soup must boil a long time, I have chosen this opportunity for a little dissertation on soup-making, which will be equally well applied to many of the following receipts. This receipt for Consommé, and those for Bouillon and Pot-au-feu are the "mother soups," so to speak, and therefore there cannot be too much pains on my part, nor too much patience on yours, to make them clearly understood, explained, and studied. Learn to make these reliably and thoroughly well, and one great step has been taken toward the setting forth of a good dinner.

When your soup has boiled gently for its prescribed time, take it off; strain it into a large bowl and set it away until next day. Then remove the fat from the surface (this makes excellent drippings); pour off all the clear part into a sauce-pan, and boil again for 1 or 2 hours. Then remove it from the fire. This will make a stiff jelly which will keep in winter for several days in the ice-box. It will serve also to make a handsome Brown Sauce (Espagnole). The best way to keep it, is to divide it in parts, allowing a certain quantity for each day, then that one part is used without disturbing the rest. Yellow earthenware pitchers holding 1 to 2 quarts each will be found the best to put it in. Use the thick part of the soup with vegetables, or other purée. If you have the carcass of a raw chicken, or any raw beef-bones, they can be added when the soup is first put down; but cooked meat

or bones, unless freed from every particle of fat or meat, will muddy the soup.

This soup requires no artificial coloring.

The above, sufficiently boiled down in an uncovered saucepan, will make an excellent Glaze. (See receipt for same.)

GILT-EDGED BOUILLON.

This receipt gives the proportions for one quart of bouillon sufficiently concentrated for the use of invalids. The same proportions may be used, but not boiled quite as long, for dinners, luncheons, etc., etc. For the former purpose, that is for illness, where the quantity administered is required to be as nutritious as possible, it is decidedly better not to clear it any more than by passing it through a fine strainer. Experience has proved quite satisfactorily the fact that the process of clearing destroys a great deal, not only of the more delicate flavor, but also of the nutriment contained in the bouillon. The two "Golden Rules" of soup-making will require repetition very often before we succeed in getting our consommés and bouillons properly made: Never let the soup cease boiling when once it has begun: Never add water after your ingredients are once put together and begin to boil.

The following receipt is the result of much personal study and observation, with a view to two things: First, success; then simplicity; once made, literally according to directions, it should never fail.

3 lbs. of beef without bone or fat,
3 quarts of cold water,
1 scant cup of fresh or canned tomatoes,
1 small bay-leaf,
1 piece of red-pepper pod, about ½ inch (without seeds),
3 or 4 cloves,
6 or 8 allspice,
1 small teaspoon of salt,
1 clove of garlic (this can be omitted for the sick),
1 level teaspoon of celery seed.

The beef should be as freshly killed as possible, and pref-

erably of the cut known by the butchers as the "horse-shoe."

Put the above ingredients into the soup-kettle, cover, and bring to a boil; when boiling smartly, set aside where it will simmer steadily; do not let it rack. After 2½ hours, add:

1 medium-sized carrot cut in pieces,
1 onion cut in pieces,
1 sprig of thyme,
1 bunch of parsley and celery (if you have not already used seed).

Replace the cover, leaving the top at least ⅓ open. Boil again 2½ hours, making 5 hours of actual boiling in all. Now taste it. If not strong enough, boil longer until satisfactory. No exact time nearer than the above can be given, as circumstances (the amount and rapidity of evaporation, etc., etc.) will vary. When cooked to your taste, strain all the broth off through a hair-sieve into a bowl. At this stage it should measure a full quart (always speaking of that to be used for the sick); or about 3 pints for dinner use. Stand it away until next morning. Then remove every particle of grease from the surface. If you are satisfied not to clarify it, carefully pour off the upper portion; do not shake the bowl or disturb the sediment. Add about 2 tablespoonfuls of sherry, some salt, celery-salt (if necessary), and cayenne. This will now measure, wine included, a scant quart.

To clarify the Bouillon, after removing the fat, pour it into a very clean kettle, add to it the unbeaten white of 1 egg, also the crushed shell; stir these into the cold soup until well mixed. Set it on the fire, and from the time it breaks into a boil, let it cook steadily for 10 minutes (longer will reduce the soup, and make it still stronger). Stand it on the hearth for 3 or 4 minutes to settle; then pour it through a jelly-bag, made of well-shrunken flannel. Do not squeeze the bag, but allow it to drip to the last drop. Then add the above amount of sherry, with seasonings as directed. This soup requires no artificial coloring, its own strength and long boiling producing a beautiful tint.

POT-A U-FE U.

3 pounds of lean beef,
Pinch of salt,
2 turnips, small,
2 leeks,
Bunch of parsley,
2 whole cloves,
4 allspice,
Small piece of lemon-peel,
4 quarts cold water,
2 carrots,
1 parsnip,
Bunch of celery leaves,
1 bay-leaf,
1 clove of garlic,
Small piece of red-pepper pod,
1 cup of stewed tomatoes.

The best cut for this is from the round, lower end, called the " horse-shoe " piece by the butchers. It is important to have lean beef, and that it should be as freshly killed as may be. Put down the beef, water, salt, and spices. Bring gently to a boil. Skim well. Set back where it will keep on a gentle, but very steady boil. After 2 hours, when the soup is well skimmed, add the vegetables, and continue to boil for 5 or 6 hours. The essentials for making good, strong, tasty broth, are two, namely : Never let it cease boiling ; and *never, under any circumstance, add water to your soup during the cooking*. Observe these rules most strictly. This receipt will give you an excellent soup for family use. If you wish to have it perfectly clear, refer to the receipt for Clearing Soups. If you will strain off the broth when done, through a fine sieve, and set it away in a cool place, the next day, after removing the fat, you will be able to pour off carefully the top, leaving all the sediment to be used in thick soups ; in which case you can generally dispense with the clearing process, which, unless done by the use of raw beef (an extra expense), destroys the nutritious quality of your broth.

In France, the day the Pot-au-feu is freshly made, it is served with small squares of dry bread put in the tureen, and the hot soup thrown over them at the moment of serving ; the vegetables, which have been boiled in the broth, are handed around on a separate dish. Cabbage may be added to the above receipt, with great benefit to the flavor, but it prevents the broth from keeping very long—otherwise this Pot-au-feu can be set on the ice, and kept for several

days in winter. This broth does not require coloring if boiled long enough.

In Italy, grated cheese is served with the above, each guest taking one teaspoonful in his soup-plate. Any cooked meat added to the soup-pot will make the broth less clear.

The beef cooked in the broth becomes the French Bouilli (see receipt). In this case, it should weigh at least six pounds, cooked in the above proportions.

COLORING FOR SOUPS.

An excellent preparation which can be kept on hand for coloring soups, is the following:

Take an earthen jar; fill it to the top, first with a layer of onions, one whole clove stuck in each, then a layer of soft sugar, a small piece of butter, and so on until the jar is filled. Put this into the oven overnight, when the fire is allowed to go out. Repeat this every night until the onions have cooked down, and a dark syrup is formed. Two nights may be sufficient, according to the fire. Put your jar aside, and use a few drops at a time to color soups, gravies, etc. There are few simpler or more satisfactory receipts than this; but the best color for soups is that produced by good materials and long boiling.

CLEARING SOUPS.

Never use whites of eggs for the purpose, unless as a matter of economy and convenience, as this process injures the delicacy of the flavor. But if preferred, do so in the following manner: Stir into the cold soup, 1 or more whites of eggs, according to the quantity to be clarified; crush the shells and add to the soup. Bring to a boil; then boil rapidly for 10 minutes. Stand the kettle on the hearth for 10 minutes, then strain through a flannel bag. The white of 1 egg will suffice for about 3 pints of broth.

The following is recommended as being the better method:

To 2 quarts of stock, allow ¾ of a pound of lean beef, chopped fine. Put it into a stewpan with the stock and some of its vegetables. Stir until it begins to boil. Draw to side of the range and simmer gently for 30 minutes. Then strain twice through a fine cloth. If clear soups are much used in your household, one or two bags made of flannel, which has been washed frequently until well shrunken, will be found very useful. Attach a tape to each side of the bag, and suspend it by them to two chairs. Place a bowl under to catch the soup. This will save much trouble, and make your stock of the clearest. (See Gilt-edged Bouillon.)

AMBER CONSOMMÉ.

CONSOMMÉ DORÉ.

1 large soup bone,
1 slice of ham,
2 sprigs of parsley,
½ small parsnip,
3 cloves,
Salt and pepper,
1 chicken, cleaned,
1 onion,
½ small carrot,
½ head of celery,
1 gallon of water,
2 eggs, whites and shells.

Put the chicken, beef, and ham into a pot with the cold water, and boil slowly for 5 hours, covered. Fry the onion in a little butter or drippings, and add it and all the vegetables and all the seasonings. Boil 2 hours longer. Strain into an earthen bowl, and set away overnight. Next day remove the fat from the top; take out the jelly, leaving the thickest part of the sediment (which will do to put into a thick soup); mix in the shells and whites of eggs. Boil quickly for 10 minutes; then place the kettle on the hearth for 10 minutes to settle. Pour the soup through the jelly-bag. It should come out perfectly clear, of a very pretty golden brown color. Do not squeeze the bag. If the soup is not clear, pass it through again until clear. Use the brightest and cleanest of kettles, and scald your sieve each time you use it, or the particles will wash off again into the soup. Serve for dinner-parties, luncheons, etc. Garnish to taste. Do not use any artificial coloring.

BROTH MADE IN ONE HOUR.

BOUILLON FAIT EN UNE HEURE.

1 lb. of beef,
1 carrot, cut fine,
1 onion, " "
Small piece of fat pork, chopped,
2 gills of cold water,
1 pint of boiling water.

Put all except the boiling water into a stewpan. Stew 15 minutes, until it begins to cling to the sides. Then add the boiling water. Boil 45 minutes. Strain, squeezing the meat well. Season with pepper, salt, and celery-salt. Serve.

ANOTHER HASTY BROTH

Is made by cutting vegetables fine, frying in butter, adding boiling water enough for the soup; salt and pepper, and enough of Liebig's Extract to give color and strength. When one is disappointed by the butcher, this is a resource not to be despised.

CHICKEN CONSOMMÉ.

CONSOMMÉ DE VOLAILLE.

One old fowl, cut in pieces,
2 quarts of cold water,
1 carrot,
1 turnip,
1 stick of celery,
1 onion,
Salt and pepper.

Simmer gently, chicken, salt and water, until the scum rises. Skim. Add other ingredients. Boil gently 2 hours. Skim all fat and serve. Or, better still, set aside until next day, then all grease may be more thoroughly removed. For invalids, serve with slices of toast. The chicken will serve for many receipts. (See Chicken Croquettes, Chicken Salad, etc., etc.)

CONSOMMÉ À LA ROYALE.

Yolks of 6 eggs,
Their bulk of cream,
Salt and pepper.

Mix the well-beaten yolks with a little more than their bulk of cream or rich milk. Add salt and pepper. Pour it

into a small tin or earthen dish 1 or 2 inches deep, with straight sides; place this in a second dish in which there is a little boiling water, and bake in so moderate an oven that it will neither bubble nor brown. Remove it from the oven just as soon as it becomes firm. Let it get perfectly cold, then cut it in ½-inch slices, and these again into fancy shapes with a vegetable cutter. Lay them in the tureen and pour the clear, hot Consommé *very gently* over them. Allow 2 gills of Consommé, or Gilt-edged Bouillon (see receipts) for each person.

CONSOMMÉ WITH MACARONI.

POTAGE AU MACARONI.

¼ lb. of macaroni, 2 quarts of Broth, or Consommé.

Boil the macaroni, broken in 2-inch lengths, in salted boiling water until almost tender—that is 10 or 15 minutes; drain very thoroughly and drop into boiling broth 10 minutes before serving. It must be very tender, but not break. Serve with Parmesan cheese, grated.

TAPIOCA SOUP.

POTAGE AU TAPIOCA.

4 oz. of tapioca, 3 pints of Broth.

Sprinkle the tapioca (which is best when previously soaked for a few hours) into the boiling soup. Stir frequently. It will require about 40 minutes; perhaps less, if soaked beforehand.

GERMAN NOODLE SOUP.

POTAGE DE NOUILLES, I.

Prepare the Noodles (see receipt); add them to boiling Consommé (see receipt). Boil 15 minutes. Serve. Allow 2 gills of consommé per person.

FRENCH NOODLE SOUP.

POTAGE DE NOUILLES, II.

Follow the directions given above, using French Noodles (see receipt), and cooking them 30 minutes.

SWEDISH NOODLE SOUP.

POTAGE DE NOUILLES, III.

Prepare the Consommé as above, adding, at the moment of serving, Swedish Noodles (see receipts).

CONSOMMÉ WITH POACHED EGGS.

CONSOMMÉ AUX ŒUFS POCHÉS.

6 eggs, 3 pints of Consommé, or Gilt-edged Bouillon.

Drop the eggs, one by one, into boiling salted water. A frying-pan is best for the purpose. One tablespoonful of vinegar may be added to the water. When the eggs are firm, carefully remove with a spoon or perforated skimmer; lay in cold water for a moment while you trim the edges evenly; transfer to the tureen; pour the boiling soup *very gently* into the tureen and serve. The allowance is 1 egg and 2 gills of consommé per person.

N.B.—Do not allow the water to boil when once the eggs are in it, but draw the pan to one side of the range and cook rather slowly until firm. The jumping of the boiling water makes the edges of the eggs ragged.

SAGO SOUP.

POTAGE AU SAGOU.

2 oz. of sago, 3 pints of Broth or Consommé.

Wash well and drop into boiling broth. Boil 1 hour, stirring occasionally.

N.B.—This is improved by soaking the sago overnight, draining, and then boiling in the soup. In this case, less time is required in cooking.

ARROWROOT SOUP.

4 teaspoonfuls of arrowroot, 3 pints of Broth or Consommé.

Rub the arrowroot to a smooth paste with a little of the cold broth; stir it into the boiling broth and continue stirring for 20 minutes, until perfectly transparent.

This excellent addition to clear soup is not sufficiently used or appreciated.

VERMICELLI SOUP.

CONSOMMÉ OU POTAGE AU VERMICELLE.

1 oz. of vermicelli to each person, 2 gills of Broth or Consommé to each person.

Break the vermicelli in pieces. Boil until nearly cooked in boiling water and salt. This will require about 15 minutes. Add it, when well drained, to the boiling broth. Boil until perfectly tender, 20 or 25 minutes in all. Serve.

SOUP WITH ITALIAN PASTES.

CONSOMMÉ OU POTAGE AUX PÂTES D'ITALIE.

Same rule and proportions as above. The pastes may require a little longer to cook.

RICE SOUP.

SOUPE AU RIZ.

4 heaping tablespoons of rice, 3 pints of Broth or Consommé.

Wash the rice in 3 waters. Rub it dry. Put it in a saucepan with 1 pint of cold broth. When swelled and heated, add another pint of boiling broth, and finally the rest of the boiling broth, when the rice is tender. This will muddy the soup slightly. Rice takes about 22 minutes from the moment when it breaks into a boil.

FARINA SOUP.

POTAGE À LA SEMOULE.

2 oz. of farina, 3 pints of Broth or Consommé.

To the boiling broth add the farina gradually, stirring constantly with a wooden spoon. Boil 25 minutes and serve.

JULIENNE SOUP.

POTAGE À LA JULIENNE.

Observe the relative proportions of the following vegetables:

¼ lb. of carrot,
¼ lb. of turnip,
½ oz. of celery,
2 oz. of leek,
2 oz. of onion.

Cut in thin, long shreds, and throw into a bowl of cold water as you cut them; then drain. Fry in butter until golden brown; drain off the butter and add a little stock to cover; let it nearly boil; then add this to the amount of stock or broth required and simmer gently for 2 hours. Allow 2 gills of broth per person. You may add either asparagus-tips, fresh young peas, or lettuce cut into narrow strips; but these must be boiled apart until tender in weak stock or plain water, then added to the soup. Serve with the vegetables.

POTAGE CROÛTE-AU-POT.

1 turnip, cut fine,
1 carrot, " "
1 stick of celery, cut fine,
8 pieces of dried toast or ½ rolls,
2 quarts of good Consommé.

Parboil the vegetables in salted boiling water. When tender, drain well and add them to 1½ quarts of boiling consommé; simmer until very tender. Meanwhile, put the toasts into a saucepan with enough strong consommé (reduced is even better) to cover them. Simmer gently until the toasts have

absorbed all the consommé and begin to dry up; then add a little hot consommé to detach them from the saucepan. Lay them in a tureen and pour the soup with vegetables very gently over them. Serve immediately, before the toasts begin to go to pieces. This is one of the most popular and excellent of the French soups.

N. B.—Follow the directions for the toasts very carefully.

CALF'S-HEAD SOUP.

1 calf's head,
6 onions, sliced,
1 teaspoon of ground allspice,
½ " " " cloves,
1 knuckle of veal,
Pepper and salt,
Butter,
Lemon and sherry.

FOR THE BALLS.

Brains of the head,
1 tablespoon of parsley, chopped,
1 onion, chopped,
Cracker-dust.

Put the head (well-cleaned, as directed in receipt for Mock-Turtle Soup No. I.) and knuckle of veal into a large soup-kettle ¾ full of cold water. Reserve the brains to prepare later. Add to the soup-kettle the onions and simmer gently until the veal-knuckle is perfectly cooked and tender, but not in pieces. Remove this from the pot and set aside to use (see Browned Knuckle of Veal). Let the calf's head continue to boil until the meat begins to fall from the bones; then take it out. Remove all the bones and the eyes. Skin the tongue; cut it and all the meat into small pieces. Season with salt, pepper, and the spices. Strain the soup; return to the fire and thicken with flour that has been browned over the fire with a little butter, allowing about 2 tablespoonfuls of flour to 1 quart of soup. Stir and boil up. Add the meat; bring it to a boil, then pour all into a bowl and set away until next day.

To make the balls, parboil the brains, chop the onion and parsley, and stir all together with a knife. Then make them up into small balls, with just enough of the same browned flour to make them sufficiently solid to fry. Dip them in

cracker-dust; fry in butter until brown, and set away until required.

Next day, skim the fat from the top of the soup, put it on the fire and bring it to a boil. Put the balls into the tureen, pour the boiling soup gently over them and serve. Each guest adds lemon-juice and sherry to his taste, for which purpose, cut the lemon into small sections and hand it with the soup. This is an old-fashioned Philadelphia receipt and highly recommended.

MOCK-TURTLE SOUP NO. I.

SOUPE À LA TORTUE I.

1 calf's head,
1 lb. of calf's liver,
1 calf's heart,
1 bay-leaf,
1 carrot,
1 onion,
12 cloves,
1 turnip,
Bunch of soup herbs,
2 tablespoons of butter,
3 quarts of cold water,
4 even tablespoons of flour,
1 " " mushroom catsup,
1 " " Worcestershire sauce,
2 hard-boiled eggs,
1 lemon,
Salt and pepper to taste,
1 gill of sherry.

Have the butcher crack the head; remove the brains. Wash the head thoroughly in cold water. Pour boiling water through the nose and throat-passages until perfectly clean. Scrape out and wash very carefully the ears. Then rinse again in cold water. The head must be perfectly sweet and clean before putting it down to cook. Put it in a kettle with the cold water; put the kettle over a moderate fire. When it comes to a good boil, skim. After 15 minutes, skim again. Let it simmer, not boil hard, until the meat is quite tender, which will be in about 2 hours. Remove the head; take the meat from the bones, skin the tongue and set away to cool. Return the bones to the kettle with the vegetables, cleaned and sliced, also the spices, liver, and herbs. Simmer gently again for 2 hours. Strain and set away overnight. Set aside the liver and heart to cool with the other meat. Next day remove the fat from the soup.

Put the butter in a saucepan; when melted, add the flour and stir until nicely browned (not burned); then add the boiling soup by degrees, stirring constantly. Boil and stir 5 minutes. Cut the meat of the head into dice, also half the liver; add them to the soup; bring to a boil once. Remove the saucepan from the fire, and add the catsups, salt, pepper, and wine. Have the eggs and lemon sliced in the tureen, pour the soup over them and serve. If you wish to add force-meat balls, see receipt for same.

N.B.—If the head is a large one, half of the meat will be sufficient to cut up. You can reserve, then, the tongue with the brains to make another dish.

MOCK-TURTLE SOUP NO. II.

SOUPE À LA TORTUE II.

1 calf's head,
1 gallon of cold water,
2 carrots,
Bunch of soup herbs,
Juice of one lemon,
4 calf's feet,
4 onions,
2 sticks of celery,
1½ gills of sherry,
Salt and cayenne.

Take the head with skin on; wash thoroughly and clean as directed for Mock-Turtle Soup No. I.; remove brains and tongue, which reserve for separate dish. Put the head and calf's feet into a soup-kettle with the cold water. Remove the scum as it rises and add the vegetables and herbs. When boiled, until the flesh leaves the bones easily (about 3 hours), take out the best parts and press them between 2 dishes until cold. Remove the bones from the soup-kettle, leaving the coarser parts of the meat. Simmer for 3 hours. Strain; when cold, skim thoroughly.

Next day, cut the pressed meat into dice, and prepare Egg-balls (as per receipt) as garnish for the soup. Flavor the soup with the sherry and plenty of cayenne and lemon-juice. Simmer with the meat in for 30 minutes. If egg-balls are used, add them only a minute before serving.

A SAVORY SOUP.

SOUPE DE LA BONNE MÉNAGÈRE.

2 large onions,
2 leeks,
1 carrot,
1 turnip,
} cut fine and fried in butter.

5 raw tomatoes or 1 large cup of stewed,
Handful of cabbage, cut fine,
3 or 4 sticks of celery, cut fine,
Bones of roasted beef, veal, or chicken,
Cornstarch (about 1 teaspoonful),
Bunch of parsley,
Sprig of thyme,
Salt and pepper.

Fry the vegetables as directed. When brown, add a few spoonfuls of boiling water, and stew for 15 or 20 minutes. Now put them into the soup-kettle with the other ingredients (reserving the cornstarch); add 2 quarts of boiling water. Any good bones may be added or good bits of meat; the latter should be cut fine. Cover and boil about 4 hours. Take out the bones and any stems of thyme or parsley. Stir in the cornstarch, blended with very little cold water; boil 2 or 3 minutes until of the consistency of cream. When the larder is low this will be found to be a most excellent soup, far more tasty than many on which are lavished unlimited materials.

N.B.—1 cupful of mashed potato may be used instead of the cornstarch.

ECONOMICAL SOUP (ENGLISH RECEIPT).

½ lb. of solid, lean meat, cut in dice,
¼ lb. of onions, cut in pieces,
¼ lb. of turnips, " " "
2 oz. of leeks, " " "
3 oz. of celery, " " "
2 oz. of drippings,
2 oz. of salt,
¼ oz. of brown sugar,
6 quarts of water,
½ lb. rice or pearl barley.

Put in a stewpan with the drippings, meat, onions, and sugar; stir until fried a light brown. Then add turnips, celery, leeks; stir for 10 minutes; add 1 quart of cold water and the rice, and let it heat. To this put 5 quarts of boiling water; stir. Simmer 5 hours. Skim when the scum rises. Season to taste and serve.

LETTUCE SOUP.

POTAGE AUX LAITUES.

1 large head of lettuce,
Butter the size of a walnut,
30 drops of Tarragon vinegar,
1 gill of cream,
1 teaspoon of flour,
Pepper and salt,
Pinch of sugar,
1 egg,
Dice of stale bread,
3 pints of broth or water for 6 persons.

Chop up the lettuce, and stew it with a lump of butter, pinch of sugar, and 30 drops of Tarragon vinegar. Keep stirring and do not let it burn. Add the flour, pepper, and salt. Break in an egg, which stir well; pour on some weak broth (allowing 2 gills per person). Lay dice of bread in the tureen. Add the cream to the soup just before you pour the boiling soup over the bread. Serve.

RUSSIAN SOUP.

POTAGE À LA RUSSE.

1 Spanish onion, cut in shreds,
1 moderate-sized white cabbage, cut in shreds,
Bunch of herbs, powdered,
3 pints of stock for 6 persons.

Fry the onions and cabbage in butter, being careful not to burn; drain and add them to the stock, with 1 tablespoonful of flour blended with cold water. Boil, stirring occasionally, until the vegetables are tender. Add a squeeze of lemon-juice, and serve with small balls made as follows:

2 oz. of beef, chopped very fine,
2 oz. of suet, " " "
1 egg,
Salt and pepper.

Fry in butter; place in the tureen; pour the soup over them and serve.

BEEF AND OKRA SOUP.

1 lb. of beef without fat or bone,
4 quarts of cold water,
2 cups of chopped okra,
¼ lb. of butter,
1 onion, sliced,
Salt and pepper.

Cut the beef in small pieces; season with pepper and salt; fry it in the soup-kettle with the onion and butter until very brown. Add the cold water, and simmer 1 hour; then add the okra, and simmer gently for 3 or 4 hours longer.

WHITE SOUP.

Knuckle of veal,
Pinch of powdered mace,
1 oz. of butter,
Salt and pepper,
1 cup of vermicelli,
1 cup of cream,
4 yolks of eggs.

Put the veal into a soup-kettle and cover it with cold water. When it comes to a boil, skim thoroughly. Simmer, closely covered, 2½ hours. Then strain it. Add seasonings and the vermicelli; boil slowly about 15 minutes; if the vermicelli is quite tender then, push the pot back where the boiling will cease. Add the butter. Beat the yolks of eggs in the tureen with the cream, and pour the boiling soup slowly over them, stirring quickly. Serve.

NORMANDY SOUP.

1 knuckle of veal,
1 quart of white button onions,
½ a baker's small loaf,
Salt and pepper to taste,
4 quarts of cold water,
1 quart of cream,
2 tablespoons of butter,
2 " " flour.

Put the veal in a kettle with the onions and water. Simmer gently 2 hours. Add the bread cut in slices. Simmer gently 2 hours longer. Remove the bone and press the remaining ingredients all through a sieve. Return the soup to the kettle. Rub the butter and flour together until smooth; stir this into the boiling soup and continue to stir until it thickens. Add the cream brought almost to a boil; add salt and pepper, and serve.

SOUP À LA REINE NO. I.

SOUPE À LA REINE. I.

1½ lbs. of chicken,
½ pint of cream,
1½ quarts of white (veal) stock,
1 sprig of thyme,
¼ lb. of rice,
Salt and pepper,
½ a blade of mace,
1 shallot (or 1 clove of garlic),
4 sprigs of parsley.

Clean and roast the chicken. When cold, cut off the meat. Put the bones into the white stock with seasonings and well-washed rice. Boil until the rice is perfectly tender

(35 minutes). Meanwhile, chop the chicken fine and pound it in a mortar; then pass it through a sieve or colander, helping the process by moistening from time to time with some of the stock. Strain the remainder of the stock, pressing the rice through the sieve. Half an hour before dinner, add the chicken to the stock and heat. Do not let it boil. Just before serving, add the warmed cream, salt, and pepper.

SOUP À LA REINE NO. II.

SOUPE À LA REINE. II.

1 large chicken,
¼ lb. of boiled rice,
1 gill of cream,
Salt and pepper,
2 quarts of cold water.

Roast the chicken; remove all the meat from the bones. Chop and pound it to a pulp with the rice. Put the bones, broken, and the skin into 2 quarts of cold water and let it simmer gently for about 2 hours, until it makes a weak broth. Strain it and add it to the chicken and rice. Now press this all through a sieve, and set aside until required. Remove the fat from the top when cold; heat the soup over boiling water without actually boiling it, and, just before serving, add the cream, heated, but not boiling. Season with pepper and salt.

SCOTCH BROTH.

A scrag of mutton,
1 teaspoon of salt,
2 carrots cut in dice,
1 leek, sliced,
Chopped parsley,
1 pint of water to 1 lb. of mutton,
1½ oz. of pearl barley to each qt.,
1 pint of water for the pot,
1 small cabbage, shredded,
1 turnip cut in dice.

Trim off all superfluous fat from the mutton; cut the meat into small dice. Put it into a stewpan with 1 pint of cold water to each lb. of meat and 1 pint extra. Add the salt and barley in the above proportions. Bring it to a boil, and skim. Then add the cabbage, carrots, and leek. Bring to a boil, then simmer 1½ hours. Add the turnip. Simmer 30 minutes. Remove all pieces of bone; pour into the

tureen; sprinkle chopped parsley over the top, adding salt and pepper if necessary. Serve.

OX-TAIL SOUP.

2 ox-tails,	Bunch of soup herbs,
1 large onion,	A small slice of salt pork,
2 carrots,	1 stick of celery, or 1 teaspoon of seed,
Parsley,	4 quarts of boiling water,
3 whole cloves,	Salt and pepper.

Cut the tails at the joints, about 2 inches long; slice the vegetables; mince the pork. Put the pork into a stewpan; when hot, add the onion. Fry until they begin to color, then add the tails. Let them fry from 5 to 8 minutes, browning on all sides. Cut each joint to the bone, that the juice may run out in boiling. Put all into the soup-kettle, adding the boiling water. Simmer gently but steadily about 4 hours; then add the other vegetables with the cloves stuck into a piece of onion. Add seasoning. When the vegetables are cooked, the soup is ready to serve. Strain it through the finest strainer. Serve 1 joint and 2 gills of soup for each person.

MULLIGATAWNY SOUP.

1 chicken cut in pieces,	4 quarts of cold water,
3 or 4 whole cloves,	Parsley,
1 knuckle of veal (if available),	Salt and pepper,
Butter, size of a walnut,	1 tablespoon of flour,
3 tablespoons of boiled rice,	1 teaspoon of curry-powder,
1 onion cut fine,	1 apple pared, cored, and cut in small dice,
1 carrot " "	1 stick of celery cut in pieces.

Put the chicken, some of the onion, carrot, and celery, with the knuckle of veal (or any piece of veal or veal bones), into the kettle with the cold water. Add the cloves and parsley, and boil until the chicken is nearly done (about 1 hour). Remove the pieces of chicken and trim them neatly, to serve in the soup. Let the veal continue to simmer for 3 hours. Now fry the remainder of the onion, carrot, and celery in the butter. When they begin to brown well, add the flour; stir it for 1 minute or 2 until browned,

then add the curry-powder, veal-broth, and pieces of chicken. Simmer gently for 1 hour. Half an hour before dinner, strain and skim the soup and return it to the fire with the pieces of chicken, apple, and rice. When hot, serve. The chicken should not be too young. A rabbit may be substituted for the chicken.

GIBLET SOUP.

The giblets, livers, etc., of 2 turkeys or 4 chickens,
1 onion cut fine,
1 carrot " "
½ turnip " "
2 cups of broth (chicken preferred),
Lemon-juice,
1 hard-boiled yolk of egg per person.
1 leaf of sage,
Butter, the size of an egg,
2 tablespoons of wine,
1 tablespoon of flour,
Parsley,
Salt and pepper,
3 quarts of boiling water or broth.

Put the butter in the stewpan with the onion. When beginning to brown, add all vegetables, giblets, etc., and flour. Fry until the flour browns, but does not burn. Then slit the giblets, etc., with a knife, that the juices may run out in boiling, and put all into the soup-kettle with pepper, salt, sage, parsley, and 3 quarts of water or stock. Add any bones or lean meat, cooked or raw, that you may have, chicken being best. Simmer for 5 hours. Strain. Mash 1 liver fine; add it to the broth. Season with more salt and pepper, lemon-juice to taste, and 2 tablespoonfuls of madeira or port. If not thick enough, add 1 teaspoon of corn-starch blended with a very little cold water; boil 3 minutes. Have ready in the tureen 1 hard-boiled yolk of egg for each person. Pour in the hot soup and serve.

CHICKEN GUMBO FILÉ.

GOMBO FILÉ.

1 large fowl,
2 oz. butter,
2 oz. of chopped onion,
½ pint of " okra,
Cayenne and salt,
4 quarts of boiling water,
1 oz. of lard,
25 oysters,
Flour,
¼ lb. of ham cut in dice.
½ teaspoon of filé powder.

N. B.—The "filé powder" made of sassafras-buds is

very generally used in New Orleans, and is obtainable, it is said, at herb shops or of first-class grocers.

Clean and cut the fowl in pieces; season with pepper and salt; dredge with flour; put it into the kettle with the butter, lard, and onion; fry until quite brown, then add the water. Cover the pot and allow it to simmer, not boil, for 2 hours. Add the oysters and okra, and simmer gently 30 minutes longer. Just before serving, add the filé powder and cayenne. N. B.—Do not attempt to add the sassafras while the soup is on the fire; the result of so doing would be to precipitate the powder to the bottom of the pot. Serve.

OKRA GUMBO.

GOMBO FÉVI.

8 large, solid tomatoes, skinned and cut up,
50 okras, stemmed and cut in ½ inch pieces,
2 large red onions, chopped (if white use 3),
½ sweet-pepper, chopped,
½ cup of rice, well-washed,
¼ lb. chopped ham (may be omitted for maigre soup),
Pepper to taste (4 drops of Tabasco preferred),
1 tablespoon of butter,
Salt,
1 cup of broth or boiling water.

Stew the onion for a few minutes in the butter. Do not brown it. Add the above ingredients and stew very gently, stirring frequently to prevent the rice scorching. After 20 to 30 minutes, add a cup of broth or boiling water. (A great improvement upon this, is to use the liquor of tomatoes which have already been stewed. This imparts a richness of flavor superior to either the broth or water.) Stew from 4 to 6 hours, very gently. Caution: Do not leave it on too hot a fire or it will scorch; stir frequently to prevent same. The soup will be very thick; should you prefer it thinner, add more broth or tomato-juice as above. This dish is much better the second day, as indeed are most dishes into the composition of which there enter a variety of ingredients. Re-heat it in a china-lined saucepan, if necessary, and serve.

OYSTER GUMBO.

GOMBO AUX HUÎTRES.

To the receipt for Okra Gumbo, add 50 oysters, which have been thoroughly dried and put into a hot pan with melted butter and tossed until slightly browned. This requires a very hot frying-pan and takes several minutes to dry the oysters out sufficiently to brown them.

CRAB GUMBO NO. I.

GOMBO AUX CRABES. I.

To the receipt for Okra Gumbo, add soft-shelled crabs fried in butter and cut in quarters or halves, according to their size. Be careful to remove the sand-bags before cooking. Allow 2 pieces of crab to each person.

CHICKEN GUMBO.

Proceed exactly as for Okra Gumbo, using chicken-broth instead of other liquid to thin the soup. Add dice of the chicken which was used for the broth. These should be added to the soup only a few minutes before serving, that they may not become unsightly or go to pieces.

TOMATO SOUP NO. I.

PURÉE DE TOMATES.

1 quart of well-flavored broth,
1 quart of stewed tomatoes,
Salt, pepper,
Sprig of thyme,
½ cup of rice, well-washed,
Sugar to taste.

Put all together and boil until the rice becomes very soft and imparts a creamy consistency to the soup, which will take about 1½ hours. Strain and serve with Croûtons (see receipt). Excellent.

TOMATO AND MACARONI SOUP.

PURÉE DE TOMATES AU MACARONI.

Make a Tomato Soup No. 1. To this add ½ a pint of small macaroni cut in inch pieces, and boiled in salted boiling water for 25 minutes. Simmer 5 minutes and serve.

TOMATO SOUP WITH QUENELLES.

PURÉE DE TOMATES AUX QUENELLES.

To the receipt for Tomato Soup No. 1, add at the moment of serving ½ a pint or more of Chicken or Veal Quenelles (see receipts).

TOMATO SOUP WITH NOODLES.

PURÉE DE TOMATES AUX NOUILLES.

To the receipt for Tomato Soup No. 1, add at the moment of serving ½ a pint of Swedish Noodles (see receipt).

OF PURÉES IN GENERAL.

As this term is used in three senses, it is necessary to define what is meant by each. All purées are made by boiling or stewing vegetables in broth or water, passing the mixture, when cooked, through a sieve.

If it is to be used as a vegetable, it should be almost solid, as, for instance, purée of potatoes, which is nothing more nor less than soft mashed potatoes.

If it is to be used as soup, the pulp, prepared as above, is diluted with stock, milk, or water to the consistency of thick cream, as pease soup.

If it is to be used as sauce, the consistency varies with the material employed, but may be described, as a rule, as being thinner than the vegetable and thicker than the soup, as tomato sauce. Taste and experience must regulate this.

Soup purées do not keep, usually, more than twelve hours in moderately-warm weather, and not much longer in winter.

Cream is an important addition to these, as are also eggs and butter, to impart smoothness and richness. (See receipt for Liaison of Eggs and Cream.)

Soups of this kind may be made of:

Carrots,	Barley,
Onions,	Rice,
Turnips,	Rice and tomatoes,
Jerusalem artichokes,	Sorrel,
Green peas,	Asparagus,
Dried peas,	Celery,
Beans—black, white, or red,	Potatoes,
Lentils,	Lima beans.

Besides combinations of:

Carrots, turnips, and onions,	Potatoes and onions,
Limas and tomatoes,	Turnips, potatoes, onions, etc.

Always serve with Croûtons (see receipt).

ASPARAGUS SOUP.

CRÈME D'ASPERGES.

30 spears of asparagus,	½ teaspoon of butter,
3 tablespoons of cream,	Salt and pepper,
3 pints of stock (or milk),	1 teaspoon of flour.

Cut the points from the asparagus about ½ an inch long; cook the rest in boiling water until perfectly tender; drain; rub the pulp through a colander; add a little salt. Bring the stock to a boil. Blend together the butter and flour; stir them into the boiling stock. Add the asparagus pulp and boil about 15 minutes, stirring frequently. Meanwhile, boil the tips separately in boiling water for about 15 minutes, until tender. Drain perfectly, and place them in the tureen. Stir the cream into the soup and pour it immediately into the tureen. It must not boil after the cream is added. This soup may be colored with 1 teaspoonful of spinach-juice, but this is not obligatory. Serve without croûtons, as the tips are sufficient garnish.

CRÉCY SOUP NO. I.

POTAGE À LA CRÉCY. I.

4 carrots (the redder the better), cut fine,
2 large onions, cut fine,
1 turnip, "
2 sticks of celery, "
Butter, size of an egg,
1 pint of new milk,
Sprig of thyme,
Bunch of parsley,
3 cloves,
Salt and pepper,
1 teaspoon of corn-starch,
Sugar to taste.

Having cleaned and cut up the vegetables, put them into a frying-pan with the butter (or part sweet drippings) and sugar. Fry until they begin to brown slightly; then pour in a few tablespoonfuls of boiling water. Simmer 10 minutes; then turn all into the soup-kettle, adding all the other ingredients except the corn-starch and milk; add about 1 quart of boiling water; cover and simmer gently for about 2 hours; the vegetables must be perfectly soft. Mash all through a sieve. Return to the fire with the milk. There should now be 2 quarts in all. When boiling, stir in the corn-starch blended with a very little cold water or milk. Boil 2 or 3 minutes, and serve immediately with Croûtons (see receipt). N. B.—The carrots must be mashed *very* fine.

CRÉCY SOUP NO. II.

POTAGE À LA CRÉCY. II.

4 very red carrots,
2 potatoes,
2 onions,
Salt and pepper,
2 sticks of celery,
Butter, size of a walnut.

Boil the vegetables perfectly tender in 3 pints of water. When soft, mash them through a sieve. Return to the fire and boil. Add the butter. When boiling, add 1 teaspoonful of corn-starch blended with a very little cold water; stir and boil 2 or 3 minutes. Serve with Croûtons (see receipt). This is further improved by the addition of Liaison (see receipt).

POTATO SOUP.

POTAGE PARMENTIER.

6 or 8 potatoes,
2 onions, cut in pieces,
Pepper and salt,
Pinch of grated nutmeg,
1 cup of cream or rich milk,
Butter, size of a walnut.

Peel the potatoes and put them into a saucepan with the onions and about 3 pints of cold water. Bring to a boil. In about 35 minutes, when the vegetables are very tender, pass the whole through a sieve. Return to the fire. Add seasonings and butter. When boiling, add the cream and serve immediately with Croûtons (see receipt).

The addition to the above of liaison of cream and eggs is a further improvement. For variations of the above, see Of Purées in General.

GREEN-PEA SOUP.

POTAGE À LA D'ARTOIS.

1 quart of young green peas,
Bunch of parsley,
2 young onions,
2 quarts of good stock,
Pepper,
Salt.

Boil the peas until quite tender in boiling water with the onions cut fine, and the parsley. This will require about 25 minutes. Drain. Rub all through a coarse sieve; add them to the boiling stock. Do not boil after the peas are added. Season with salt and pepper. Serve hot with small Croûtons (see receipt). If required to be kept hot, stand it in a kettle of boiling water (bain-marie).

RICE SOUP WITHOUT MEAT.

RIZ AU MAIGRE.

4 heaping tablespoons of rice,
3 pints of water,
Butter, size of a walnut,
2 yolks of eggs,
Pepper,
Salt.

Wash the rice in 3 waters. Rub dry. Put it in a saucepan with 1 pint of cold water. When swelled, add 1 pint of

boiling water; and when quite tender, the remaining pint of boiling water. Add pepper and salt. Rub up the yolks of eggs with a few tablespoonfuls of cream. When smooth, stir in carefully a few spoonfuls of the boiling rice-water; then pour the eggs and cream into the saucepan, stirring very briskly. Draw aside and stir for 2 or 3 minutes. Do not allow the soup to boil when once the eggs are added.

CRÈME DE RIZ.

Prepare as above, rubbing the rice through a sieve. Then add eggs and cream.

MILK SOUP.

SOUPE AU LAIT.

1 quart of milk,
4 yolks of eggs,
Salt and sugar to taste,
Dice of stale bread.

Put the dried crusts into the soup-tureen. Bring the milk to a boil. Add the salt and sugar. Rub up the yolks of eggs with a few drops of cold milk or water. When the soup is boiling, remove it from the fire and stir it very carefully *into* the eggs and milk. Return to the corner of the range where it will not boil, and stir for about 4 minutes until slightly thickened. Pour over the dried crusts and cover. Stand for 5 minutes and serve. N. B.—If boiled after the addition of the eggs, the soup will curdle.

ONION SOUP NO. I.

SOUPE AUX OGNONS.

4 onions, sliced,
2 oz. of flour,
1 quart of water,
Slices of stale bread,
4 oz. of butter,
1 quart of milk,
Salt and pepper,
Grated Parmesan cheese.

Fry the onions in the butter until golden brown and tender. Sprinkle with flour. Add milk, water, and season-

ings. Boil 10 minutes. Put thin slices of stale bread on a tin in the oven for 5 minutes, or until perfectly dry. Then lay these in layers in the soup-tureen with grated Parmesan cheese between. Pour the soup gently over this without straining. Cover and stand in a warm place 5 minutes, to allow the cheese to melt and the bread to absorb the soup. If preferred, the onions may be pressed through a sieve and thickened with a Liaison (see receipt).

ONION SOUP NO. II.

PURÉE SOUBISE.

6 onions,
1½ oz. butter,
Pepper,
1½ pints of stock or boiling water,
1½ pints of cream,
Salt,
2 oz. flour,
Nutmeg.

Boil the onions in salted water until tender. Drain and dry on a cloth. Put them on the fire in a saucepan with 1 oz. of butter till slightly colored. Add all the other ingredients, except ½ an oz. of butter. When it comes to a boil, press through the sieve; return the soup to the fire; add the rest of the butter, and serve.

ONION SOUP NO. III.

SOUPE AUX OGNONS.

Butter, size of an egg,
2 large potatoes, mashed fine,
Salt and pepper,
1 quart milk,
1 pint of boiling water,
2 or 3 large onions, sliced thin,
½ cup of flour,
Dice of bread or toast.

Fry the onions in the butter (or drippings) until reddish. Add the flour. Stir until browned slightly. Do not burn. Now pour in gradually the boiling water; stir perfectly smooth; add salt and pepper. Mix well and boil 1 minute. Then pour it into the soup-kettle and stand at the back of range. Before serving, add to the soup the milk warmed and rubbed up with the mashed potatoes until they are a

smooth paste. Stir well. If necessary, add salt and pepper. Simmer a few moments. Have ready the pieces of toast or bread in the tureen. Pour in the hot soup. Cover and let stand 5 minutes in a warm place, then serve.

TOMATO SOUP NO. II.

POTAGE AUX TOMATES.

2 quarts of pure tomato-juice,
2 onions, cut fine,
8 allspice,
Pepper and salt,
1 gill of rice, well washed,
4 cloves,
Sprig of thyme,
Pinch of sugar to taste.

The juice should be taken from tomatoes that have stewed 2 hours. Add the other ingredients; boil 1 to 1½ hours. Strain. It should now be as thick as cream (from the rice). If, however, it should not be thick enough, add 1 teaspoonful of corn-starch blended with very little cold water, and boil for 2 minutes. Serve with Croûtons (see receipt).

This is a most excellent soup, and in summer, when the vegetable is plentiful, not an extravagant one.

Instead of Croûtons may be added Swedish Noodles or Quenelles (see receipts).

TOMATO BISQUE.

BISQUE DE TOMATES.

1 quart of strained stewed tomatoes,
1 quart of new milk, boiling,
1 level teaspoon of soda,
Salt,
Pepper,
1 heaping teaspoon of corn-starch.

When the strained stewed tomatoes are heated, add the soda dissolved in a little hot water. When they no longer fizz, add the boiling milk and seasonings. Bring to a boil, and stir in the corn-starch blended with very little cold water. Boil 2 or 3 minutes and serve. It should be as thick as rich cream. Croûtons should be served at the same time.

Or, boil a cupful of vermicelli in salted boiling water for 15 minutes, till tender; drain well and serve in the soup. In this case do not serve croûtons. The above soup is made richer and more delectable by the addition of ½ a cup of cream and 1 egg beaten together in the tureen. Pour the boiling soup over these, stirring briskly. If thickened with corn-starch, the latter is not requisite.

PEASE SOUP.

PURÉE DE POIS SECS.

1½ pints of dried green peas,
Bunch of parsley and celery,
2 onions,
1 cup of good milk or cream,
Salt and pepper,
Ham-bone.

Put the peas to soak for 5 or 6 hours, if you can spare the time, otherwise put them on in the corner of the range, with sufficient cold water to cover them, and allow to heat very gradually. Add in the onions cut in pieces, herbs, and the ham-bone (when not for maigre soup). Boil until the peas are perfectly soft, throwing in from time to time a gill of cold water if the peas have not been previously soaked. When perfectly tender, remove the ham-bone, and press all the rest through a sieve. Add the salt and pepper. Return to the fire to heat, and just before serving, add the rich milk or cream. This should make 2 quarts of soup. Serve with Croûtons (see receipt). Time about 5 hours.

BLACK (OR TURTLE) BEAN SOUP.

1 pint of small black beans,
2 large onions,
Salt and pepper,
1 gill of sherry or red wine,
Sprig of thyme,
2½ quarts of cold water,
Butter, the size of a walnut,
1 lemon, sliced,
2 hard-boiled eggs,
Cayenne.

Wash the beans well and soak in cold water for several hours. Put them down with the quantity of water mentioned, the onions cut in quarters, a little salt and thyme,

and let them simmer gently for 3 to 4 hours, until perfectly tender; then press all through a sieve. Return to the fire. There should now be 2 quarts. Add the butter, more seasonings, a little cayenne, and just before serving add the wine. Have ready in the soup-tureen ½ a lemon cut in thin slices, the eggs sliced, and the following balls:

2 hard-boiled yolks of eggs,
Grated lemon-rind and juice,
1 yolk of raw egg,
½ cup of dried bread-crumbs,
1 teaspoon of finely-chopped parsley,
Cayenne.
Pinch of grated nutmeg,

Mix all well together. Make into balls the size of a nutmeg; roll in flour and fry in butter. Put these in the tureen and pour the boiling soup over all. N. B.—You may add with advantage a small teaspoonful of corn-starch blended with cold water; boil for 2 or 3 minutes, stirring constantly; serve.

RED-BEAN SOUP.

PURÉE À LA CONDÉ.

Proceed exactly as for Lentil Soup.

LENTIL SOUP.

PURÉE OR POTAGE À LA CHANTILLY.

1 pint of dried lentils,
1 onion, minced,
Sprig of thyme,
Salt and pepper,
2 quarts of cold water,
Bunch of parsley,
1 bay-leaf,
1 tablespoon of butter.

Wash the lentils. Soak them overnight in lukewarm water. Drain. Put them in a saucepan with the cold water. Let it come very gradually to a boil, then set it back and simmer gently 1 to 2 hours. Melt the butter in a saucepan. Fry in it the onion, parsley, thyme, and bay-leaf until brown. Add these to the soup. Boil 1½ hours longer. If the lentils are perfectly tender at this point, press the whole through a colander. Return to the fire; add seasonings.

Boil up once and serve with croûtons. Or, when the soup is ready to serve, beat up 1 egg in the tureen and pour the boiling soup in very gradually at first, stirring constantly. Serve as directed.

WHITE-BEAN SOUP.

PURÉE À LA DUSTAN.

Proceed exactly as for Pease Soup.

SORREL SOUP.

POTAGE À LA "BONNE FEMME," OR SOUPE À L'OSEILLE.

Butter, size of an egg,
3 leaves of lettuce, sliced fine,
1 pint of sorrel, sliced fine,
Pepper and salt,
3 quarts of boiling water,
4 eggs,
3 sprigs of parsley, sliced fine,
1 onion, sliced fine,
Pinch of nutmeg,
2 tablespoons of flour,
1 cup of cream or rich milk,
1 cup of mashed potato.

Put the vegetables and butter into a saucepan. Cover and stew gently for 10 minutes, then add the flour, mixing well. Pour in gradually, stirring always, 3 quarts of boiling water. Mix the yolks of the eggs with a little of the cream or milk in the tureen. Put the rest of the cream, rubbed smooth with the potato, into the soup. Add seasonings. Have prepared some neat dice of toast or stale bread. Pour some of the boiling soup over the eggs in the tureen and mix well. Put in the pieces of stale bread, then add the rest of the soup. Cover and stand 5 minutes in a warm place. Then serve. Or the soup may be pressed through a sieve before dishing.

Stock may be used instead of the water. Chopped chervil may be added ten minutes before removing from the fire. Many persons consider the soup greatly improved by rubbing the pieces of bread or toast first with raw onion.

SUMMER MAIGRE SOUP.

POTAGE À LA PAYSANNE.

Hearts of 6 lettuces, cut in pieces,
2 large onions, cut in pieces,
3 cucumbers, pared and sliced,
1 pint of young peas to be added later,
2 quarts of older peas,
Chopped parsley,
3 lumps of sugar,
¼ lb. butter,
Salt,
Pepper.

Stew all together 1 hour, stirring often, having ready 2 quarts of older peas boiled in 1 gallon of water. Put them through a sieve back into the water in which they have boiled. Add to this the other ingredients. Simmer 1½ hours. When done remove the onions or not, as you prefer. The English receipt adds: "Dip in a sprig of mint before it is taken off the fire." Serve.

ECONOMICAL MAIGRE SOUP.

2 quarts of green peas,
Bunch of fine herbs,
Salt and pepper,
1 pint of new milk,
2 onions, sliced,
2 quarts of hot water,
1 tablespoon of sugar,
Mashed potatoes to taste.

Stew for 30 minutes; add the potatoes; pass all through a sieve; return to the fire, and add, lastly, the milk. Stir until perfectly smooth and hot. Serve with croûtons.

WHITE MAIGRE SOUP.

SOUPE BLANCHE.

1 pint of new milk,
2 pints of boiling water,
3 tablespoons of flour,
2 yolks of eggs,
Salt,
Pepper.

Boil the water with some celery or onion for flavoring. Remove the vegetables. Boil the milk and water together, reserving some cold milk with which to blend the flour.

When the milk boils, stir in the flour and boil 8 minutes, stirring always. Have ready in the tureen the yolks of eggs well beaten with a spoon. When the soup is ready, pour it very gently on the eggs, stirring quickly. Add celery-salt, if you like, and asparagus tips, small dice of carrots or young peas as a garnish. These latter should be boiled apart, drained, then added. Serve with croûtons.

WINTER OKRA SOUP.

1 can of tomatoes.
2 onions, chopped fine and fried in butter,
¼ lb. of ham, fat and lean, cut in dice,
Small piece of red pepper-pod without seeds,
1 gill of rice well washed,
1 can of New Orleans okra.

Stew all but the okra together for 3 hours, stirring frequently. Add about 2 cups of boiling water to prevent it becoming too thick. Ten minutes before serving, add the okra. Boil up thoroughly once and serve. It should be rather thicker than Pease Soup. You may add, if you like, oysters fried in butter, omitting the ham for fast days.

SOUPE MAIGRE.

1 quart of dried peas,
2 large onions,
1 head of celery,
1 carrot,
2 turnips,
Sprig of mint,
Handful of spinach,
3 quarts of cold water,
} Stew together until quite soft, then pass through a sieve.
1 lettuce, sliced,
Piece of butter, size of a walnut,
2 lumps of sugar,
Asparagus tips if in season.

Put the pulp and water back on the fire with the lettuce, butter, and sugar. Boil quickly for about 15 minutes. The asparagus tips should be boiled apart until tender, drained, and added when dishing the soup.

VEGETABLE SOUP.

PURÉE DE LÉGUMES.

1 turnip, sliced,
1 carrot, "
2 onions, "
4 oz. celery, sliced,
3 quarts and 1 pint of boiling water,
½ oz. of flour,
3 oz. of butter,
1 teaspoon pepper,
1 sprig of parsley,
Bunch of celery leaves,
2 even tablespoons of salt.

Put the vegetables into 2 quarts of the water and boil until perfectly tender, from 1 to 2 hours, by which time the water will have absorbed a good deal. Rub all through a sieve; add the 3 pints of boiling water. Return to the fire, and when it boils, add the butter rubbed smooth with the flour and moistened with a little of the hot soup; season with salt and pepper. Boil and stir 2 or 3 minutes and serve. A parsnip may also be used. One gill of rich cream may be added just before serving.

LOBSTER BISQUE.

BISQUE DE HOMARD.

3 quarts of veal stock,
2 heaping tablespoons of flour,
1 cup of hot cream,
1 tablespoonful of oil,
2 oz. of butter,
Salt and pepper,
1 boiled lobster and its coral,
3 tablespoons of vinegar.

Put the butter into a saucepan, and when it melts stir in the flour; stir and let it cook but not color. Add by degrees the cream and 1 pint of stock, stirring constantly to avoid lumps; then add the rest of the broth. Add the coral of the lobster, which has been previously dried in the oven and pounded fine in a mortar. Cut the meat of the lobster into dice, and 3 hours before it is required for use, dress it with oil, vinegar, pepper, and salt. Before serving the soup, add the pieces of lobster, and heat thoroughly. It should be pale pink and of the consistency of cream. Serve with croûtons. For maigre soup, substitute new milk for stock; omit oil and vinegar, using instead a pinch of mace.

TO OPEN CLAMS.

Wash the shells clean; place them in a clean roasting-pan on the hinge end. Pour a little boiling water into the pan and place in a hot oven until the shells open easily. The juice is thus collected in the pan and may also be used.

BISQUE OF CLAMS.

50 clams,	Liquor of same,
1 tablespoon of butter,	Pinch of mace,
2 tablespoons of flour,	Milk, pepper.

Strain the liquor of the clams and put down to boil. Wash the clams free from shells and grit. Scald them in their own liquor. In 3 minutes take the clams out and chop them *very* fine. Rub the flour and butter together over the fire until thoroughly blended, but not brown. Stir in by degrees the boiling liquor, and when perfectly smooth set aside to keep hot. Rub the clams with a potato-masher through a colander or coarse sieve, taking care to press all the fat and soft part through, but *none* of the hard part. Stir all the soft part into the saucepan in which you have the soup. Add a a little milk or a smaller quantity of cream. With the liquor there should be at least 1 quart in all. If too thick, thin with milk to taste. Season with a pinch of mace and pepper. Be careful about adding salt, as the clams are generally salt enough. Boil for 5 minutes, stirring frequently, and serve with croûtons.

MACARONI SOUP.

SOUPE AU MACARONI.

½ lb. macaroni,	2 tablespoons each, grated Gruyère and Parmesan,
1 quart of boiling milk,	½ teaspoon of curry-powder,
White Roux (see receipt),	Salt and pepper.

Boil the macaroni 15 minutes in salted boiling water. Drain the macaroni; add it to the milk; boil 10 minutes. Blend some of the boiling milk with the roux (butter and flour), and curry; stir all in with the soup; add cheese; boil 3 minutes, season and serve.

OYSTER SOUP.

SOUPE AUX HUÎTRES.

1 quart of oysters and their liquor,	Salt,
White Roux (see receipt),	Milk,
Pinch of ground mace,	Cayenne.

Scald the oysters in their liquor until half-cooked. Skim them out and set aside. Strain the liquor. Add to it enough boiling milk to make one quart. When this boils, stir it *into* the roux (see receipt) allowing about 2 tablespoonfuls of flour to the quart of soup. Stir and boil 3 minutes. Add seasonings and the oysters; boil a few minutes longer until the oysters are quite firm, and serve.

SAVORY MAIGRE SOUP.

6 potatoes,	4 turnips, or 2 large,
2 carrots,	2 onions,
2 mushrooms (if available),	1 head of celery,
1 large slice of bread,	1 saltspoon of salt,
6 quarts of water,	¼ " " pepper,
2 teaspoons of Harvey's sauce,	1 tablespoon of butter.

Clean and slice the vegetables. Toast the bread brown. Put all into the soup-kettle with cold water. Boil gently for 3 hours, until the vegetables are perfectly tender. Mash all through a coarse sieve back into the water. Return to the fire. Melt an even tablespoon of butter until it begins to brown slightly, then stir it into the soup. Add the Harvey sauce, salt and pepper to taste; serve with Croûtons (see receipt).

FISH STOCK.

COULIS DE POISSON.

Bones and trimmings of raw fish,	2 carrots, sliced,
2 onions, sliced,	2 quarts of cold water,
Rind of half a lemon,	Bunch of sweet herbs.

Clean and slice the vegetables; put all in a saucepan and simmer gently for 2 hours. Skim and strain. Or the vege-

tables and fish may first be fried in butter; then boiled as above. This broth is very useful for many dishes, as will be seen by other receipts. It is especially good for boiling bass or other fine fish which is to be served cold with mayonnaise or tartare sauce.

FISH SOUP.

4 onions, sliced,
6 tomatoes, "
Salad oil,
3 pints of stock or water,
About 6 small slices of fish,
Parsley, thyme, 3 bay-leaves, winter savory, tied in a bunch,
Pepper and salt,
4 tablespoons of flour,
1 wine-glass of white wine.

Fry the onions in oil till light brown; add the tomatoes and all other ingredients except the fish, blending the flour with a little of the cold stock. Boil 30 minutes; then put in the slices of fish; as soon as they are firm, remove the herbs, and serve the fish-soup with crusts of toast in the tureen. Add, if you like, ½ a teaspoon of curry-powder with the flour. Almost any kind of fish or lobster may be used. For maigre soup, substitute water for the stock.

CRAB GUMBO NO. II.

Follow the directions for Chicken Gumbo Filé, substituting 12 or 18 small soft-shell crabs (according to size) for the chicken. Prepare them as for frying; sprinkle them with flour; throw them into the boiling lard which is flavored with onion; add the bits of ham, and all the details of the former receipt, omitting the oysters. For a maigre soup, add instead of the ham, a ¼ pound of butter.

LIMA BEANS AND TOMATO SOUP.

To the receipt for Tomato Soup No. I., add enough lima beans, boiled and mashed through a colander, to make the soup of the consistency of cream. Delicious.

N. B.—The broth used may be very weak. Omit the rice.

GENERAL DIRECTIONS FOR FRYING.

Particular attention is called to the fact that every thing depends upon the manner in which an article of food is fried, as to whether it is most unwholesome or comparatively innocuous. There is no process of cooking which can be made to render food more indigestible than this same process of frying; therefore it is of paramount importance that it should be most carefully studied and well understood. The sense of the matter is this: If an article to be fried is put into lukewarm or even quite hot fat, whether lard, drippings, or butter, the same article warms with it, drawing in at every pore the greasy fluid; whereas, if, on the contrary, the fat is heated to boiling-point, that point being much higher for fatty fluid than for water, the moment the article to be fried is plunged into it, the intense heat closes every pore, and, it being instantly seared, cannot absorb an atom of the fat; when removed from the grease and drained of all moisture that may remain on the surface (which may be accomplished by placing the article upon absorbent paper) there is really no grease remaining to tax the digestive powers. A well-fried croquette, for instance, should not leave a trace of grease upon the cut paper or folded napkin upon which it is served; a well-fried Saratoga-chip may be taken up by gloved fingers, and not a trace of grease appear on the glove. The secret of all, then, is to have the lard or drippings sufficiently deep in the pan to serve for whatever frying may be necessary at the one time; not to be obliged to add (Hibernian fashion) a great lump of cold lard,

"because there is n't enough to fry all" you may happen to have. This checks the boiling of the lard and immediately the article immersed in it absorbs the fat again. Have plenty of lard and have it boiling. These are the two rules most necessary to observe. Do not be misled by hearing the lard spit and crackle; that is no evidence of boiling; it is simply throwing off some little drop of moisture. It must heat slowly at first, and then, being drawn forward on the range, be brought to a boil. When lard boils, it is perfectly still, until it begins to smoke; at this point there is danger of burning, so that it should not be allowed to smoke long, but be pushed aside a little for a moment or two. To test it when boiling, drop in one drop of water which should make a slight explosion; or drop in a bit of the soft part of bread. If the lard is ready, the bread will begin to color almost instantly. When the article is fried, skim it out, draining off all fat; lay it upon a sheet of brown paper in the open mouth of the oven, or upon the corner of the range, where it will keep very hot while drying; should it be chilled, the fat will harden upon it instead of draining off. Pure lard is recommended for frying croquettes, etc.; butter should seldom be used, except for sautéing, as it burns and blackens.

FISH.

GENERAL DIRECTIONS.

TO BOIL FISH NO. I.

Wash the fish thoroughly inside and out. Wipe dry with a clean cloth. Trim the fins close to the body with scissors. Have in a kettle on the fire enough water to cover the fish entirely. It should be well salted—that is, from 4 to 8 oz. of salt and ¼ oz. of saltpetre to every gallon of water. The water must boil when the fish is put in. It is almost impossible to boil fish handsomely without a regulation fish-kettle, with its drainer inside. When the fish is cleaned and the water boiling, lay the fish on the drainer and set the drainer in the kettle. Allow about 8 minutes to the pound for a large, thick fish, and 5 minutes to the pound for small, thin fish, counting from the time when the water begins again to boil after the fish is put in. It should boil very gently, in order not to crack the skin. You can tell when it is done by the flesh parting very easily from the bone. A little vinegar is a good addition to the water. When done lift out the drainer, set it across the kettle, and drain the fish dry. Serve on a folded napkin, garnished with parsley and sliced lemon. Always serve also an appropriate sauce.

TO BOIL FISH NO. II.

There come times and seasons when it is difficult to vary one's supply of fish, and the only resource from monotony is to vary the mode of cooking the fish at our

command. It is therefore suggested, if you have only a common, rather tasteless fish to offer, to boil it in the following manner:

Put down the fish-kettle with boiling water sufficiently deep to cover the fish to be cooked. In this put 2 or 3 onions, 1 bay-leaf, sprig of thyme, 6 or 8 cloves, twice as many allspice, lemon-peel, salt, a bit of red pepper-pod, and lastly, when the water has boiled long enough to extract the flavor of the various condiments, add about 1 tablespoonful of vinegar. In this place the strainer containing the fish neatly dressed (see To Boil Fish No. I.). Boil according to the size of the fish, allowing from 5 to 8 minutes per pound. It is easily ascertained when it is done by the flesh parting readily from the bone. Remove the strainer; drain; dish the fish on a folded napkin; dress with sliced lemon and plenty of parsley, to avoid drawing too close attention to the kind of fish it is. Serve with a Tartare Sauce or with a Cucumber Sauce (see receipts), and you will find your dish as highly relished as though you offered your guest a rare and fine fish.

FISH BOILED AU COURT BOUILLON.

POISSON CUIT AU COURT BOUILLON.

1 stick of celery, cut fine,
1 carrot, "
1 onion, "
2 quarts of boiling water,
½ pint of vinegar,
Butter,
Parsley,
3 or 4 cloves,
Pepper-corn,
Salt.

Fry the vegetables in the butter. Add all the ingredients to the water in the fish-kettle and boil 15 minutes. Skim. Add salt. It is now ready for use. Rub the skin of the fish (which has been prepared as above) with lemon-juice to keep it white. Put it into the boiling fish-broth, which must cover it well. Simmer very gently, allowing 5 to 10 minutes per pound. When cooked, drain dry, and serve on a folded napkin with parsley and lemon and a sauce.

TO BOIL A TROUT OF ONE POUND.

When properly scaled and dressed and washed inside and out, wrap it in a napkin; drop it into well-salted boiling water. Boil only 4 or 5 minutes. Drain well and serve on a folded napkin, with parsley and lemon and Maître d'Hôtel Sauce (see receipt).

TO STEAM A FISH.

Having washed and dressed the fish, secure the tail in its mouth; lay it on a plate and pour over it ½ pint of vinegar, pepper and salt. Let it stand one hour in the ice-box; then pour off the vinegar; put it in a steamer over boiling water; cover tightly and steam 20 minutes for a medium-sized fish. When done, the flesh will part easily from the bone. Drain it well and serve as above with Maître d'Hôtel Sauce (see receipt).

TO BROIL FISH.

When it is very hot, grease the gridiron thoroughly. Clean and split the fish (unless small) and lay it upon the gridiron. If the fish is small, broil over a quick, clear fire; for a large fish, the fire should be more moderate, or the outside will be charred before the inside is cooked. Turn constantly, keeping the skin side longest against the fire. When done through (when the flesh will part easily from the bone), loosen the fish with a knife from the broiler; turn the hot dish over the fish, and with a quick movement turn the two back again dexterously. A broken fish is most unappetizing, therefore it must be very carefully dished. Butter it generously; add salt and pepper, and, generally, a tablespoonful of chopped parsley and juice of ½ a lemon.

TO FRY FISH.

Cut the fins off; wash the fish and dry it inside and out. If a thick fish, cut three gashes diagonally across the back; if small, leave it whole. To dry it thoroughly, powder it

over with flour. Then dip it in egg, and then in fine sifted bread-crumbs, cracker-dust, or corn-meal, as you may prefer. Have the lard heating meanwhile, and when fiercely hot, lay in the fish. In 3 or 4 minutes (for a medium-sized fish) turn it over carefully with the cake-turner. The moment it is thoroughly done (when the flesh leaves the bone readily) remove it from the pan to a piece of clean brown paper. Then serve it on a folded napkin. Nothing so spoils fried fish (or, indeed, any thing fried) as to let it stand in the pan a moment after it is sufficiently cooked.

Follow the above rules carefully, and you will not find fried fish the dyspeptic bugbear it is credited with being. (See General Directions for Frying.)

TO FRY BROOK TROUT OR OTHER SMALL FISH.

Clean and wash the fish, and let them lie a few minutes wrapped separately in a clean, dry towel; they must be perfectly dry inside as well as outside; season with salt and pepper and roll in corn-meal. Fry them in a mixture of $\frac{1}{3}$ butter and $\frac{2}{3}$ lard. Drain on a sieve or coarse brown paper, and serve hot on a folded napkin. Be sure the lard is boiling. (See General Directions for Frying.)

STEWED FISH EN MATELOTE.

MATELOTE DE POISSON.

3 or 4 lbs. of any firm fish,
2 or 3 onions, sliced,
Pepper and salt,
Pinch of ground cloves, mace, and allspice,
1 cup of boiling water,
1 cup of claret or white wine,
1 teaspoon of butter,
2 teaspoons of flour.

Cut the fish across in steaks, about one inch thick. Set aside until wanted. Meanwhile, boil the onions in very little water until perfectly tender. When cooked, drain off the water and add pepper, salt, spices, the boiling water, and wine. Lay in the slices of fish. When it comes to a boil, add in the flour and butter rubbed together and blended

first with a little of the sauce. Stir. The fish will require about 10 minutes to boil. When thoroughly cooked, dish the steaks in a circle; strain the sauce over them and serve garnished with large Croûtons of stale bread, cut either in cubes or diamonds (see receipt).

FISH STUFFED AND BAKED.

4 or 5 lbs. fish, whole,	Butter,
2 cups of boiling water,	1 cup claret,
2 or 3 tablespoons Worcestershire sauce,	Flour,
½ lemon,	Dressing,
Salt,	Pepper.

Trim the fins of the fish and wipe clean and dry, inside and out. Fill the fish with dressing, and sew it up with coarse thread. For the dressing, take dried bread-crumbs enough to fill the fish; put a large lump of butter into the frypan; let it melt, but not cook; lay the bread-crumbs in, stirring around only long enough for the crumbs to absorb the butter. To this add ½ an onion chopped very fine and fried also in butter, 1 tablespoonful of chopped parsley and a little lemon-juice, a pinch of cayenne and salt. When the fish is sewn up, lay it in a roasting-pan just long enough to fit it; put bits of butter all over the top and the boiling water in the pan. Season it. Bake for about 20 minutes, basting frequently; then add the wine, Worcestershire sauce, lemon-juice, and bake until done, basting frequently. This will take about 45 minutes in all, but will depend upon the size and thickness of the fish. When the fish is done (the flesh leaving the bone easily), remove it to a hot dish and garnish with parsley and lemon. Put the pan on top of the range. Add a little more water if necessary, and 1 gill of claret. When boiling, stir in about 1 teaspoonful of butter and 2 of flour, rubbed smooth and blended with some of the sauce. Boil up for 2 minutes; strain over the fish, and serve.

FISH SALAD.

6 lbs. striped bass, cut in steaks,	1 onion,
Bones of the same,	Butter,
6 yolks of eggs, beaten together,	Salt,
3 whites of eggs, " "	Cayenne,
Juice of 3 lemons.	

Cut the fish into steaks, reserving all the bones, which you put down in 1 quart of boiling water with the onion fried slightly in butter, pepper, and salt. In this boil the fish steaks, which remove, when firm, to a platter. Strain the liquor in which the fish-bones, etc., have boiled; squeeze into it the lemon-juice; add a little cayenne to taste, and then very carefully add the beaten eggs. The safest way to do this successfully, is to remove the boiling liquid from the fire; let it stand a moment; have a little cold water mixed with your eggs, and pour these gently into the hot liquid, stirring briskly all the time. Return to the fire until it thickens, but without boiling, stirring constantly. Pour this over the fish and set away to cool. Dress with neatly cut strips of beet or red-pepper, and trim the edge with small lettuce leaves. Excellent.

COLD BOILED BASS, SAUCE TARTARE.

BAR, SAUCE TARTARE.

Boil the fish Au Court Bouillon (see receipt); serve very cold, with Tartare Sauce (see receipt) and dressed cucumbers. Delicious in warm weather.

BASS STEWED WITH TOMATOES.

BAR AUX TOMATES.

1 quart of tomatoes,	4 lbs. of fish,
2 onions, sliced,	Salt,
1½ gills sweet oil,	Pepper.

Stew the tomatoes (peeled) for 30 minutes. Cut the fish (any firm, white-fleshed fish will do) into square pieces,

removing all the bones. Fry the sliced onions in the sweet oil. Lay the fish cutlets in the saucepan with the onions and sweet oil; strain the tomatoes over this; season with salt and pepper. Cover closely and stew gently for 1 hour. It must cook slowly, or the fish will go to pieces. Dish the cutlets neatly in a circle and pour the tomatoes, slightly thickened with corn-starch, over them. Serve.

WHITEBAIT.

Whitebait must be perfectly fresh, and must be kept in iced or salted water until required.

When you are ready to cook them, drain them off and throw upon a clean, dry cloth. Pat very gently with the cloth to absorb whatever water may remain. Have a second cloth ready with about 2 good handfuls of flour for 1 pound of whitebait. Put the whitebait into this and toss them from side to side until every little fish has its separate and individual covering of flour. Then turn them upon a coarse sieve for the extra flour to sift out. Meanwhile, have on the fire a saucepan with lard 2 inches deep. Bring to a boil, and test with a bit of bread to see if it is just right before you put in the fish. Now put about $\frac{1}{3}$ of the pound at a time into a frying-basket, so that they shall not be too crowded. Lay the frying-basket in the lard until the little fish curl—that is, about 2 minutes. Turn them out upon a clean piece of brown paper in a hot place while you fry the rest. Sprinkle pepper and salt over all as evenly as you can. Have a napkin folded and baked in the oven until very hot. When the fish are cooked and the fat thoroughly drained off, lay them inside of the hot napkin. They should be eaten immediately. If kept standing, will become tough or limp. Serve, at the same time, cayenne and a lemon cut in quarters; also small tartines made of the best brown bread, cut as thin as a wafer and buttered with the freshest of butter.

BAKED SHAD NO. I.

ALOSE FARCIE 1.

Make a light and delicate dressing as indicated in the receipt for Fish Stuffed and Baked. Stuff the shad; sew it up; have a large sheet of white paper buttered. Fold up the fish in it, twisting the ends securely to keep in both butter and steam. Put in a baking-pan and set in the oven. It will not require basting and will be done in about 45 minutes if of medium size. Remove the paper and serve with a Maître d'Hôtel or other fish-sauce. N. B.—The oven should be moderate.

BOILED SHAD.

ALOSE À LA MAÎTRE D'HÔTEL, OR À LA HOLLANDAISE.

Have the water boiling in the fish-kettle. Salt it strongly, and put 1 tablespoon of vinegar, if liked. Dress the fish neatly (see Directions for Boiling Fish), lay it on the strainer, and place it in the boiling water. Be careful, in dishing, not to break the skin. Dish on a folded napkin and garnish with parsley and sliced lemon. It will take about 20 to 25 minutes to cook. Serve with this a Maître d'Hôtel Sauce (see receipt), or a Sauce Hollandaise. If a roe-shad, the roe should be dipped in flour after having been parboiled (about 10 minutes); it is then fried in butter until firm and golden brown.

CUTLETS OF SHAD À L'OSEILLE.

FILETS D'ALOSE À L'OSEILLE.

Follow receipt for Fish Cutlets Fried, and serve on a bed of sorrel made into a smooth purée and dressed with plenty of butter. This is the way the French prepare shad.

BAKED SHAD NO II.

ALOSE FARCIE II.

Leave the head on and do not split the fish. Make a force-meat of grated bread-crumbs, cold ham or bacon minced fine, sweet marjoram, pepper, salt, mace or pinch of ground cloves. Moisten with a raw egg. Having dressed, washed, and dried the fish, stuff the inside with this, reserving a little to rub over the outside, having first rubbed the fish with yolk of raw egg. Place the fish in a deep pan, securing its tail in its mouth. Pour into the bottom of the pan a little water; add a gill of port wine or claret and a piece of butter rolled in flour. Baste. Bake it well (45 minutes), and send it to table with the gravy poured over it. Garnish with lemon. Any fish may be baked in the same manner. A large fish of 10 or 12 lbs. weight will require two hours' baking. (The average market shad weighs about 4 lbs.) The time first indicated is for a fish of moderate size.

COLD BOILED SHAD, SAUCE TARTARE.

ALOSE, SAUCE TARTARE.

Boil as directed To Boil Fish, or Au Court Bouillon. Serve very cold with Tartare Sauce (see receipt).

PLANKED SHAD.

A thick oak board is prepared for this purpose with wooden pegs. Spread the fish open on the board and secure it with the pegs. Place the board before a clear fire, the end resting in a shallow pan, in which there is a little salt and water to baste the toasting fish. When almost cooked, baste also with melted butter and a little walnut catsup. Serve on the board (if a handsome one), or, when dishing, add a little walnut catsup to the gravy and pour it over the fish. Serve with pickled walnuts.

PICKLED OR SOUSED SHAD.

Put the fish-kettle on the fire with plenty of water to cover your fish. When boiling, throw in 1 cupful of salt. Lay the fish on the drainer in the kettle and boil about 30 minutes (according to the size of the fish). Take out the fish, drain it very thoroughly and let it get cold. Meanwhile take some of the water in which the fish was boiled; add to it whole cloves, whole allspice, whole mace, and a piece of red pepper-pod without the seeds. Boil until the water is strongly flavored with the spices. Cut the fish in large pieces; lay these in a stone crock; mix from ½ to ½ strong vinegar with the spiced liquor, and pour over the fish until it is quite covered. Lay a cloth over the mouth of the jar; put the cover on and set it away. It will be ready for use in one or two days, and will keep in a cold place for a fortnight, if the fish is always well covered by the liquor.

Many other kinds of fish, such as bluefish, rockfish, etc., etc., are excellent treated in the same manner. This makes an excellent relish for luncheon.

SHAD-ROE CROQUETTES.

2 shad-roes,
½ pint cream,
Yolks of 2 eggs,
2 medium tablespoons of flour,
Salt, pepper,
¼ grated nutmeg,
1 tablespoon of lemon-juice,
1 large tablespoon of butter,
1 medium tablespoon chopped parsley,
Whites of 2 eggs for dipping,
Sifted bread-crumbs,
Cayenne.

Wash the shad-roes; put them into a saucepan with salted boiling water; cover and simmer 15 minutes. Remove from the fire; take off the fine skin and mash them. Bring the cream to a boil. Rub the butter and flour together over the fire, but do not brown; stir in gradually the boiling cream. Boil 3 minutes, until very thick. Remove from the fire and, while still boiling, stir in the 2 yolks of eggs. Add to this all the other ingredients; mix well and spread on a dish to cool. When cold, flour your hands and form into cro-

quettes 1 x 2½ inches. Dip in egg first, then in fine crumbs. Let stand at least 1 hour in the ice-box; then fry in boiling lard until golden brown. See General Directions for Frying. When cooked, lay the croquettes upon a folded paper to drain perfectly dry. Serve on a fancy-cut paper or a folded napkin, garnished with parsley and lemon. Hand at the same time a Sauce Tartare (see receipt). Delicious.

FRIED SMELTS.

EPERLANS FRITS.

As smelts are not opened, but cleaned through the gills, it is important that they should be perfectly fresh. They spoil very easily. The head should be kept on except in certain receipts, where it will be mentioned to remove them.

Dip in egg and bread-crumbs or corn-meal. Stand aside for an hour or more, if time permits. Have lard in the frying-pan. Bring it to a boil. See General Directions for Frying. Lay in the fish and fry gold color, which will take about 5 minutes, or less. Dry on a sieve or paper in the open oven door. Serve on a folded napkin, arranged two and two at right angles. Serve with lemon cut in quarters and cayenne.

BROILED SMELTS.

EPERLANS GRILLÉS.

Remove the heads. Split. Remove backbone. Lay on a greased broiler. Broil 5 minutes. Butter. Serve with lemon cut in quarters and cayenne. Delicious.

BAKED SMELTS.

Remove the heads. Split. Dip the smelts in melted butter and then in flour. Lay on a pan in the oven. Bake 8 to 10 minutes. Serve with a lemon cut in quarters and cayenne.

SMELTS WITH MAYONNAISE.

EPERLANS, SAUCE MAYONNAISE.

Fry the smelts as directed. Serve with a Mayonnaise Sauce (see receipt). These are excellent eaten cold, with the sauce.

STEWED SMELTS.

Remove the heads. Lay in a china bake-dish. Prepare a sauce of Fish-Stock (see receipt), or veal-stock, chopped onions, capers, parsley and thyme, pepper and salt, and a little white wine. When boiling, pour this over the fish and bake until tender, which will be in about 10 minutes. Serve in the same dish.

FISH PUDDING (SCANDINAVIAN).

Take a custard of eggs, milk, flour, and butter, allowing 5 or 6 eggs to 1 quart of milk, which has been slightly thickened with flour. The eggs must be added to the milk when it is removed from the fire, and stirred briskly and steadily. Have some boiled cod freed from bones and chopped up fine. Stir it into the custard; season with salt and pepper, and steam in a covered mould for 2 hours. Serve with Hollandaise or Lobster Sauce (see receipts).

FISH CUTLETS.

FILETS DE POISSON.

Cut the fish in square pieces or in slices across the back. If square, remove all bones. Dry, dip, and fry as directed; or, dip in Batter (see receipt), and fry in deep-boiling lard. See General Directions for Frying. Be sure the lard *is* boiling. When fried gold color either way, drain till dry on brown paper, then serve on a folded napkin with a quantity of parsley or cresses and some slices of lemon. Serve with the cutlets a sauce—either tomato, mayonnaise, tartare, etc.

STEWED EELS, (LONDON COOKING-SCHOOL).

¼ cup of butter,
1 tablespoon of flour,
1 gill of port,
1 large or 2 small eels,
4 small onions, chopped fine,
2 cups of stock,
2 bay-leaves,
Salt and pepper.

Put the butter into a stewpan; when melted, add the onions; cook till light brown; add the flour, stirring till well blended. Then add the stock (or water for a fast-day), wine, bay-leaves, salt and pepper, and the eels cut in 2-inch lengths. Cover tightly and stew 15 minutes. Serve on a hot platter with large croûtons or neat pieces of toast.

EELS EN MATELOTE.

ANGUILLES EN MATELOTE.

2 lbs. eels,
½ pint button onions,
1 onion,
2 tablespoons vinegar,
1 pint boiling water,
¼ saltspoon of pepper,
1 teaspoon of sugar,
2 oz. butter,
1 tablespoon of flour,
10 cloves,
Bouquet of herbs,
1 teaspoon of salt,
1 " of butter,
1 gill of wine, red or white,
Croûtons.

Clean the eels; lay them for a few minutes in cold water; cut them in 2-inch lengths; put them over the fire in cold water and salt and bring them to a boil. Add 1 onion stuck with the cloves, and the vinegar, when the fish is put down to boil. Boil 15 minutes; take them up, dry on a clean cloth; roll in flour and fry brown in saucepan with 2 ounces of butter. When brown, add the herbs and boiling water, salt and pepper as above. Peel the button onions; toss them over the fire in a frying-pan until brown, with 1 teaspoonful each of sugar and butter; then add them to the matelote and simmer 1 hour. If the sauce evaporates, add enough boiling water to make up the original quantity. When done, add the wine and serve with croûtons as a garnish. The above receipt may be used for any firm, fine fish.

EELS À LA POULETTE.

ANGUILLES À LA POULETTE.

Eels,
1 tablespoon butter,
1 cup of broth,
1 gill of white wine,
1 onion, minced,
Lemon-juice,
½ can mushrooms,
¾ tablespoon flour, dried in the oven
Parsley,
Pepper and salt,
2 or 3 yolks of eggs,
Croûtons.

When the eels are skinned and properly cleaned, let them disgorge in vinegar and boiling water; then dry thoroughly and cut in joints of equal lengths, 3 to 4 inches. The proportions given will be for about 12 such joints. Put them in a stewpan with about ½ a can of button mushrooms (1 cupful) and butter. Let begin to fry; then dredge in ¾ tablespoonful of flour dried as above; now add about 1 cupful of broth and 1 gill of Chablis or other white wine, and stir until it boils; then season with pepper, salt, fine herbs, and the onion, minced very fine. Let all stew until the eel is tender; skim off the floating grease and remove the stew from the fire. Add a squeeze of lemon-juice mixed with the yolks of the eggs, and stir quickly to prevent curdling. Do not put again on the fire where it will cook, on account of the eggs. Serve with croûtons and pieces of lemon to garnish the dish.

FRIED EELS.

ANGUILLES FRITES.

Let the eel thoroughly disgorge in boiling water and vinegar, cut in lengths of 3 or 4 inches. Wipe dry. Split in two, dip in egg and bread-crumb, and fry in boiling lard. See General Directions for Frying.

BROILED EELS.

ANGUILLES GRILLÉES.

Proceed as above, dipping only in flour, and broil quickly over a clear fire.

BOILED SALMON.

SAUMON, SAUCE MAYONNAISE.

To every 3 pounds of salmon put:

1 lb. salt, 1 gal. water,
¼ oz. of saltpetre.

Let the salt and water be thoroughly boiling, and skim it before you put in the fish. Boil quickly, allowing about 10 minutes to the pound, whole; serve immediately. Or if sliced, should be cut 1 inch thick.

The appropriate sauces are mayonnaise, tartare, or a little of the water in which the salmon was boiled, with chopped parsley and lemon-juice added.

SALMON STEAKS (ENGLISH RECEIPT).

Cut the fish in slices about 1 inch thick. Dry well with a cloth; dredge with flour, and lay them on a well-buttered gridiron over clear, hot coals. Turn with a broad-bladed knife slipped beneath, and a flat wire egg-beater above, lest the steak should break. When done to a light brown, lay in a hot dish; butter each steak, seasoning with salt and pepper; cover closely, and serve with chopped parsley.

SALMON CROQUETTES.

CROQUETTES DE SAUMON.

1 lb. of cold boiled salmon,
1 teaspoon of salt,
1 tablespoon of chopped parsley,
1 " of butter,
Juice of half lemon,
Pinch of cayenne,
1 cup of cream,
3 tablespoons of flour.

Chop the salmon fine; add pepper, salt, parsley, and lemon-juice. Mix. Bring the cream to a boil. Rub the flour and butter together until smooth; stir them into the cream; stir and boil 3 minutes; mix this with the salmon and set away to cool. When cold and firm, flour your hands and form it into rolls. Dip in egg, then in fine crumbs. Set

in the ice-box for at least 1 hour; then fry in boiling lard. See General Directions for Frying. Drain dry and serve on a cut paper or folded napkin garnished with parsley.

BOILED COD.

CABILLAUD.

In boiling cod, a smaller quantity of salt is used than for salmon; 1 ounce of salt to 1 quart of water is the proportion. Place the cod on the fish-drainer in the kettle, and cover with *cold* water salted as above. Let it come almost to a boil, then simmer for 5 minutes; skim. The time of boiling must vary with the weight, moreover with the thickness of the fish. It may take from 20 minutes for a small cod to 30 for a medium-sized one. The large ones are best cooked in sections, or they will not boil evenly, the thickness varying so much. Drain and serve on a napkin with Oyster or Egg Sauce (see receipts).

COD STEAKS.

FILETS DE CABILLAUD.

Should either be dipped in egg and flour, and fried in boiling lard; or wrapped in buttered paper and baked in the oven for 30 minutes; or powdered with bread-crumbs and broiled.

The proper sauces to serve with cod in any style are: Oyster Sauce, Egg Sauce, Brown Caper Sauce, or Anchovy Sauce; Oyster Sauce is of course preferred (see receipts).

SALT COD À LA BONNE FEMME.

MORUE À LA BONNE FEMME.

12 potatoes,
12 onions,
Salt cod, enough for 6 persons,
½ lb. butter,
1 oz. flour, blended with a little milk.

Wash and peel the potatoes, and also the onions. Cut pieces of the fish 2 x 3 inches; lay the potatoes at the bottom of the stewpan; next the onions; then, at the top, the salt

fish, which has previously been washed in tepid water. Put enough water (cold) to cover the whole, and simmer until the fish is cooked; take it out. Let the onions complete their cooking; trim the pieces of salt fish, and remove all bones. Dissolve in another stewpan the butter and the flour, as above; simmer 10 minutes, then put in the potatoes, onions, fish in order, as above; simmer another 10 minutes, and serve. —*Gogué.*

CODFISH CROQUETTES.

1½ lbs. mashed potatoes,
4 oz. of butter,
1 teaspoon of pepper,
10 oz. picked codfish, scalded,
1 gill of cream or rich milk,
1 egg,
Fine bread-crumbs.

Melt the butter in the hot potato; add the fish, pepper, and cream; mix thoroughly, and mould into round or oval balls. Roll these in the beaten egg, then in the bread-crumbs, which must be very fine; then lay them on a frying-basket and sink in deep boiling lard, having tested the heat with a bit of bread. See General Directions for Frying. When the croquettes are a fine golden-brown, lift out the basket, let it drain for a moment, and serve the croquettes on a folded napkin. This quantity will make 18 good-sized croquettes.

BACALAO À LA VIZCAINA.

1 lb. dried salt codfish,
2 cloves of garlic, chopped fine,
1 pint rich tomato sauce,
Pepper,
1 large onion, chopped fine,
1 gill of olive oil,
1 red sweet-pepper,
12 croûtons, 1 x 2 inches thick.

Soak the codfish overnight in cold water. Boil it 40 minutes, putting it on in cold water. Pick out the bones, and set away to cool. Make a good Tomato Sauce (see receipt). Chop up the sweet-pepper and add to the sauce. Fry the onions and garlic in the oil, and add all to the sauce. Cut the croûtons from the soft part of the loaf and fry in boiling oil. Then put the codfish into the tomato sauce and heat it thoroughly in the oven in a deep dish with the

croûtons arranged around as a border. Allow it to remain in the oven about 15 minutes, then serve in same dish.

N. B.—The Spanish red sweet-peppers come to us preserved in oil in tin cans. Add black pepper as may be necessary.

CODFISH BALLS.

2 cups picked salt cod,
2 " mashed potato,
1 tablespoon of butter,
¼ cup of cream,
¼ teaspoon of pepper.

Pick the codfish fine; soak in cold water 30 minutes. Drain. Cover with boiling water. Stand on back of range 15 minutes. Drain and press out all water. Mix the fish with the potatoes, which should be well beaten. Add all other ingredients. Beat well. Form into balls, roll in egg and bread-crumbs, or in eggs and flour, and fry in boiling lard until well browned. See General Directions for Frying.

BROILED CODFISH OR HADDOCK.

CABILLAUD, OR ÉGLEFIN GRILLÉ.

Split the tail-end of the fish and broil as directed for Broiled Fish. Spread with Maître d'Hôtel Butter (see receipt); let stand for 1 or 2 minutes in the open oven to melt the butter; serve hot.

HALIBUT STEAK À LA FLAMANDE.

Take a halibut steak 1½ in. thick. Wash and wipe dry. Butter the bottom of a flat earthenware dish that will stand the fire. Sprinkle over the bottom grated onion, pepper, and salt; put the fish on this; brush it over with the yolk of an egg; sprinkle with grated onion, pepper, salt, and chopped parsley; pour over it a teaspoonful of lemon-juice; put 1 tablespoonful of butter in bits over the top, and bake in a moderate oven 30 minutes. Serve it in the dish in which it was baked, garnished with sprigs of parsley and lemon. Serve Béchamel Sauce (see receipt) in a sauce-boat at the same time.

DEVILLED HALIBUT.

Use 1 pound of cold boiled halibut instead of 12 crabs, otherwise follow exactly the receipt for Devilled Crabs. Serve in shells.

BAKED HALIBUT À LA CRÉOLE.

1 lb. halibut steak,
1 clove of garlic, chopped fine,
2 cups of stewed tomatoes,
Butter, pepper, salt to taste,
Dried bread-crumbs, about 1 cup.

Remove all the bone from the steak. Place it in a bake-dish; sprinkle over it the garlic. Cover with a layer of tomatoes, then a layer of bread-crumbs, bits of butter, pepper, salt; then another layer of tomatoes. Bake 20 minutes. Serve in the same dish in which it was baked.

FISH À LA DELMONICO.

POISSON À LA DELMONICO.

4 lbs. of fish (halibut is best),
½ lb. of butter,
1 pint of milk,
4 tablespoons of flour,
Pepper,
Salt.

Remove all the bones from the fish, which has been previously boiled. Put the fish into a bake-dish. Stir the flour and butter, rubbed smooth, into the boiling milk. Boil 5 minutes, stirring constantly. Add pepper and salt. Pour the sauce, when well thickened, over the fish. Cover the top with stale bread-crumbs, and put it in the oven until browned, about 15 minutes. Nice for breakfast.

STEWED HADDOCK.

ÉGLEFIN EN MATELOTE.

4 or 5 lbs. of haddock, cut in square pieces,
Cayenne and salt,
2 teaspoons of Reading sauce,
2 " " anchovy "
2 oz. of butter,
Powdered mace,
Flour,
½ pint of sherry,
2 tablespoons of flour

Split the fish lengthwise; cut in pieces. Boil the bones and head in sufficient water to cover them. Strain the

liquor. Butter a porcelain saucepan; lay the fish in it with the flesh downward; sprinkle each piece with cayenne, salt, mace, and flour. Pour over this 1 pint of the fish liquor, cover and simmer gently for 20 minutes, occasionally shaking the saucepan to prevent sticking. Add the Reading and anchovy sauces and the sherry. Rub the butter and flour together and blend with a little of the gravy, then stir these into the saucepan. Stir constantly. Add more seasoning, if necessary; let it simmer 10 minutes, and serve in a deep dish with parsley and lemon. Pour the gravy over the fish.

MOCK TURBOT À LA CRÈME.

6 lbs. of cold boiled haddock,
¼ onion,
Small cup of flour,
Yolks of 2 eggs,
Cheese, and bread-crumbs,
Salt,
1 quart of milk,
Sprig of parsley, chopped,
1 cup of milk,
½ teaspoon of white pepper,
" " thyme,
½ cup of butter.

Bring the quart of milk to a boil with onion and parsley. Rub together the flour and cold milk; stir them into the boiling milk. Add seasonings. Have ready the fish, boned. Shred. Butter a bake-dish. Lay in a layer of fish. Remove the sauce from the fire and carefully stir in the beaten yolk of the eggs. Now pour a layer of this sauce over the fish; then begin again with a layer of fish, and so on until the dish is filled. Finish with sauce, over which sprinkle a layer of fine bread-crumbs and grated cheese. Bake 1 hour in a moderate oven.

BREAKFAST FISH.

2 oz. of butter,
Cayenne, salt, and lemon-juice,
1 teaspoon of mustard-flour,
Cold fish, dried bread-crumbs.

Free the fish from bones, and flake it. Rub the other ingredients to a smooth paste. Half-fill scallop-shells with the fish; lay the paste over it; cover with dried bread-crumbs. Set in the oven until thoroughly heated, about 10 minutes.

FRIED SOLE (ENGLISH RECEIPT).

SOLES FRITES.

The fish must be perfectly fresh, and perfectly clean. If the former point is in the slightest degree doubtful, do not attempt to fry it whole, but remove the fillets from the bone and cut off the parts near the head and at the edges, and wash with vinegar and water. After the sole has been cleaned, it must be thoroughly dried, and lightly dredged with flour, which completes the drying. Have ready plenty of sifted bread-crumbs, and enough well-beaten yolk of egg to coat the fish all over; this is best done with a brush. Then let every part be covered with bread-crumbs. Have the lard quite boiling, or the fish will be limp. See General Directions for Frying. Fry the fish a golden brown; place it when fried on a paper before the fire to drain off the grease. Serve on a napkin with parsley and lemon.

FILLETS OF SOLE À LA ORLY.

FILETS DE SOLE À LA ORLY.

1 sole for every 4 fillets,
Lemon-juice, pepper, and salt,
Chopped parsley,
1 onion, sliced.

Get your fishmonger to prepare the fillets if possible; if you are obliged, however, to do them yourself, first skin the fish (a troublesome task if you would not waste your fish); then make a slit with a very sharp knife from head to tail on each side, also down the back and belly. Then run your sharp knife very close to the backbone each side, which will separate the fillets. Trim them neatly at the head and tail ends, and remove all the fin-bones from the sides. The fillets thus prepared and wiped clean, steep them for 1 hour in a mixture of lemon-juice, parsley, onions, salt, and pepper. Then drain and dry them. Cover with a coating of flour, or dip in Batter (see receipt) and fry in boiling lard. See General Directions for Frying. Dish on a folded napkin in a circle, with a bunch of fried parsley in the centre. Serve with

Tomato Sauce (see receipt). Many other fish of delicate quality may be treated in the same manner.

SOLE À L'AURORE.

1 sole,	Butter, salt, and pepper,
Chopped parsley,	½ small onion, grated,
1 cup of White Sauce,	4 hard-boiled eggs.

Butter a shallow fire-proof or tin dish; lay the fish upon it whole. Cover with a buttered paper and place in the oven for 10 minutes. Then take it out and carefully remove the backbone, filling its place with chopped onions and parsley. Replace the upper side of the fish, and cover the whole with rich White Sauce (see receipt). Return to the oven for 10 to 15 minutes longer. Prepare the eggs by cutting the whites in quarters with which to garnish the edge; press the yokes through a coarse sieve. When the fish is cooked, sprinkle the top thickly with the yolks and return to the oven for 2 minutes, to heat thoroughly. The edges of the dish should be decorated with the whites of eggs, sliced lemon, and parsley.

FILLETS OF SOLE, MAÎTRE D'HÔTEL.

FILETS DE SOLE À LA MAÎTRE D'HÔTEL.

1 sole makes 4 fillets,	Lemon-juice,
1 oz. of butter,	Parsley,
½ gill of cream,	¾ oz. of flour.

Time required, about 30 minutes. Fillet the sole as described in Fillets of Sole à la Orly. Put the bones and fins of the sole into a saucepan with 2 gills of hot water to boil. Butter a flat tin pan thoroughly. Fold the fillets loosely over and lay them on the tin. Sprinkle a little salt and a squeeze of lemon-juice over them and cover with a buttered paper. Set them in a sharp oven for 6 minutes.

To make the sauce: Chop a small bunch of parsley very fine and put it aside. Mix in a stewpan 1 oz. of butter and ¾ oz. of flour until smooth. Strain the fish-stock by degrees

into the flour and butter, stirring quickly to prevent lumps. This should be done off the fire. Now put the stewpan on the fire and stir with a wooden spoon. Add the cream and stir until it boils. Remove from the fire; add the chopped parsley, half a teaspoonful of lemon-juice, salt, and pepper. Arrange the fillets, when done, on a hot platter; add to the sauce whatever liquor may remain in the flat tin pan; pour the sauce over the soles and serve.

TO FRESHEN SALT FISH.

Lay the fish in cold water, carefully turning the skin-side *upward*, otherwise the salt in melting will all settle in the skin, and the fish be as salt as ever.

Put the flesh side down, and naturally the salt falls to the bottom of the water.

HERRING BALLS.

3 bloaters, or red herrings,
Equal bulk of mashed potatoes,
Lard,
Cream, and butter,
Eggs,
Bread-crumbs for dipping.

Partly boil the bloaters or herrings; remove the skin; take all the meat from the bones; add to this the mashed potatoes made from potatoes baked in their skins. Add a large lump of butter and cream enough to soften it. Form into balls; roll in egg and bread-crumbs and fry in lard or butter golden brown. See General Directions for Frying. Take care not to make the mixture too soft, as it will become still softer when subjected to the heat of the lard.

FINNAN HADDIE.

Cut a piece of the size required. Put it into a frying-pan with boiling water to cover. Boil 5 minutes. Throw off the water; add a lump of butter; when it melts, and the fish is well-covered with it, serve.

BROILED SALT MACKEREL.

Soak overnight. Next morning drain well and wipe dry. Broil over a clear fire. Now put it on a platter; pour boil-

ing water over it; in 1 or 2 minutes throw this off. Melt 1 teaspoonful of butter in 1 gill of hot cream. Pour over the fish. Sprinkle with chopped parsley and serve. Recommended.

POTOMAC HERRING.

Select those with roe, by preference. Prepare as directed for Finnan Haddie.

YARMOUTH BLOATERS.

Prepare as directed for Finnan Haddie.

KIPPERED HERRING.

Prepare as directed for Finnan Haddie.

SHREWSBURY "COURT-BOUILLON."

4 medium-sized or 5 small onions cut fine,
3½ lbs. fish (any kind that has firm flesh will do),
30 large clams without the beards,
1 cup stewed tomatoes,
6 large sea-biscuits,
Clam-juice,
½ sweet-pepper, chopped fine.
2 potatoes, cut in pieces (not indispensable),
½ cup red wine,
½ tablespoon of butter or sweet drippings,
Small bunch of celery leaves, chopped fine,
Larger bunch of parsley leaves, chopped fine,
Salt, pepper,
Ground cloves, ground allspice, nutmeg or ground mace, to taste.

Chop the onion and fry it gold color in the butter or drippings. Remove the pot (an iron one is best). Lay upon the onions in layers the fish, free from bones; sweet-pepper, celery, and parsley chopped and sprinkled over; then a pinch each of the spices, pepper, and salt; then clams, tomatoes, and sea-biscuit broken in pieces; then again the fish, etc., as before, until all the ingredients are in the pot. Pour in all the clam-juice which you have previously strained; add cold water up to the level of the fish. Stew gently but steadily 45 minutes. Remove with a soup-strainer to a deep dish all that is solid, leaving the sauce in the pot. Add

the red wine, and a little blending of corn-starch or flour rubbed up in cold water. Let the same boil 3 or 4 minutes, stirring frequently. Have ready the court-bouillon in a deep dish with a cover, (not a soup-tureen); strain some of the sauce over it. Serve what remains in a sauce-boat. This will be found to be a most excellent modification of the common chowder, and one which is far more acceptable to a delicate palate. Its appearance when served is also more tempting. Elsewhere will be found a receipt for conventional clam chowder.

NEW ORLEANS "COURT-BOUILLON."

5 or 6 lbs. bass, halibut, or other fish,
1 tablespoon of butter,
1 " flour,
1 pint of claret,
3 onions, chopped,
1 can of tomatoes,
3 or 4 whole cloves,
Pepper, salt, toast.

Fry the onions in the butter, then add the tomatoes and cloves, etc. Let these stew together for 30 minutes. Then add the flour blended with about ½ a pint of the claret. Let it boil, stirring constantly for 5 minutes, until the flour is thoroughly cooked. Strain the sauce and return it to the fire in a saucepan. Lay in the sauce the fish cut in steaks, bass being best, but any firm fish will do. Let them simmer gently until cooked, which will require from 6 to 10 minutes according to the thickness and quality of the fish. Have ready in a deep dish, slices of dry toast, enough to cover the bottom of the dish. When they are done, lay the slices of fish on the toast; add the remaining ½ pint of claret to the sauce; pour it over the fish and serve. A piece of sweet-pepper chopped may be added to the above sauce, also cayenne and more spices, if preferred.

FROGS FRIED IN BATTER.

Scald the legs 3 minutes in boiling water with salt and a little lemon-juice; dry in a towel; dip in Fritter-Batter (see receipt), and fry in boiling lard until light golden-brown. Drain on soft paper and serve with a bunch of fried parsley on a folded napkin. Garnish with lemon.

FROGS FRIED.

GRENOUILLES FRITES.

Having scalded the frogs' legs, dip them in egg and sifted bread-crumbs and fry as above.

FROGS À LA POULETTE.

GRENOUILLES À LA POULETTE.

Prepare the frogs' legs as above. Make a Poulette Sauce (see receipt) and warm the frogs' legs in it, being careful not to stir in the eggs until the last. If boiled after the addition of the eggs, the sauce will curdle.

A WHITE FRICASSY OF FROGS.

(OLD-FASHIONED RECEIPT.)

"Cut off the Hinder Legs; strip them of the Skin and cut off the Feet, and boil them tender in a little Veal Broth, with whole Pepper and a little Salt, with a Bunch of Sweet Herbs and some Lemon-peel. Stew these with a Shallot till the Flesh is a little tender; strain off the Liquor and thicken it with cream and butter; serve them hot with Mushrooms pickled tossed up with the sauce. They make a very good Dish, and their Bones, being of a very fine Texture, are better to be eaten than those of Larks."

FROGS IN BROWN FRICASSY.

"Prepare the Frogs as before, flour them well, put them into a pan of hot lard and fry them brown, then drain them from the Liquor and make a Sauce for them of good meat Gravy; some Lemon-peel, a Shallot or two, some Spices beaten [ground], a Bunch of Sweet Herbs, an Anchovy, some pickled Mushrooms and their Liquor, and some Pepper and Salt. Toss up these thick with Butter, pour the sauce over them, and some Lemon-juice. Garnish with broiled Mushroom Flaps and Lemon sliced."

These two antiques cannot be improved upon.

SHELL-FISH.

TERRAPIN.

Terrapins are always sold alive, and are in season from November to March. Diamond-backs are the best, but are very expensive. The males are small and of inferior flavor. The common red-legs or fresh-water terrapins are quite good and much less expensive.

PHILADELPHIA STEWED TERRAPIN.

3 terrapins,
5 eggs, boiled hard,
2 tablespoons of flour,
1 dessertspoon of salt,
2 gills of thick cream,
½ lb. of butter,
2 gills of madeira or sherry,
Cayenne to taste.

Put the terrapins alive into a pot of boiling water and boil 10 or 15 minutes, or until you can pull off the outer skin and the toe-nails. Now put them back into fresh boiling water; add a heaping teaspoonful of salt, and boil slowly until the shells part easily and the flesh on the legs is quite tender, from 1 to 1½ hours. When done, take out of the pot; save 2 gills of the liquor in which they are boiled. Remove the under shell and allow it to stand until cool enough to handle. Then take the meat out of the upper shells. Carefully remove the sand-bags, bladders, the thick, heavy part of the intestines, and the gall-bag which is found embedded in the lobe of the liver, and throw them away. In removing the gall-bag, be careful not to break it, as it would spoil the whole terrapin. In the finer preparations of terrapin the "ribbons" are not used. Break the terrapin into convenient-sized pieces, add it to the liver broken up, also all the eggs

found in the terrapin, all the juices that have accumulated during the cutting up, and the 2 gills of liquor saved from the boiling. Set the terrapin in a china-lined saucepan upon a moderate fire. Rub the flour, with a small portion of the butter, to a cream. Stir it into the terrapin. Rub the 5 yolks of eggs to a very smooth paste with the salt, red pepper, butter, and wine. Add them to the terrapin; stir to mix well. When hot, add the cream and serve immediately. It must not boil after the cream is added, and indeed must not stew more than about 5 minutes from the time it begins to cook; only just long enough to cook the flour, and to thoroughly heat the other ingredients as they are added. This is highly recommended, being the genuine receipt from the best authority.

BALTIMORE TERRAPIN.

Have ready a pot of boiling water on the fire. When it boils hard, lay in the terrapins and boil until the skin and toe-nails will come off (see Philadelphia Terrapin). When prepared as directed, cut up the meat. Season to taste with cayenne, black-pepper, and salt. Put all into a stewpan with the liquor that the terrapin has yielded while being cut up. Add no water. To each terrapin allow ¼ lb. of best butter, mixed with a teaspoonful of flour. Cover closely and stew gently until the meat is very tender, and serve hot in a deep dish. If the allowance of flour is not sufficient, add more.

N. B.—In removing the gall-bag be careful not to break it, or the entire terrapin will be rendered uneatable.

TO SERVE OYSTERS RAW IN A BLOCK OF ICE.

Make a hollow in the centre of a block of ice by placing a hot flat-iron on the top, in whatever form may be desired. Stand the block on a folded napkin upon a platter. Salt and pepper the oysters before putting them in the ice. Stand in a very cold place until served, that the ice may not melt. Decorate with sliced lemon, and serve with cayenne and lemon cut in quarters.

RAW OYSTERS ON THE HALF-SHELL.

HUÎTRES.

Serve the oysters on flat oyster-plates, 6 to each person, putting a quarter of a lemon in the centre, and hand black and red pepper. Or, use the usual dinner-plate, making a bed of finely-chipped ice, on which lay the oysters in their shells, 5 or 6 for each person. Hand lemon cut in quarters, black and red pepper. A European custom worth importing is to hand at the same time tiny tartines made of thinnest brown bread, spread with freshest butter, and cut in neat diamonds.

FRIED OYSTERS.

HUÎTRES FRITES.

50 largest oysters,	Egg,
Fine dried bread-crumbs, sifted,	Grated nutmeg,
Salt and pepper,	Lard for frying.

The oysters should be the largest and firmest obtainable; Shrewsburys are best. Wipe them perfectly dry in a clean cloth, and feel with your fingers that no pieces of shell remain attached to them. Have ready in a saucer the egg slightly beaten. Have ready in a bowl the bread-crumbs; fine rolled crackers may be mixed with them. Season the crumbs with salt, pepper, and a little grated nutmeg. Dip the oysters first in egg, then cover thoroughly with the crumbs. Lay on a dish, not touching each other, that they may dry. Set away for 2 or 3 hours, if you have time. Put lard enough in the frying-pan to cover the oysters. Bring it to a boil. See General Directions for Frying. When the lard is ready, lay in the oysters, not close enough to touch; use a frying-basket, if possible. In 3 to 5 minutes they will be done. If the lard is deep enough, they will not require turning. As they are removed from the lard, lay on a sieve or paper in the mouth of the oven. When perfectly freed from grease, dish. Serve very hot, garnished with sliced lemon and parsley, and neatly arranged on a fancy paper.

STEAMED OYSTERS.

Leave a covered dish where it will heat thoroughly. Open, wash, and drain the oysters; put them in a shallow tin pan, and place in the steamer. Cover and leave it over boiling water until the oysters are puffed and curled, about 10 minutes or more; then put them into a hot dish. They may be dressed at table, or butter, salt, and pepper may be added in the kitchen. Or, the oysters may be steamed in their shells, washing them well beforehand. They should be placed in the steamer over boiling water, covered close, and left until the shells open easily.

OYSTER PAN-ROAST.

Wipe the large, opened oysters dry on a clean cloth, picking off all bits of shell. Leave the cloth covered over them while you heat a shallow frying-pan very hot. Put in, then, a lump of butter, and when it melts, add the oysters and let them fry until they begin to brown slightly, turning constantly and keeping the pan very hot. Have ready a hot dish with a generous lump of butter in it. When the oysters are done, turn them in; add salt and pepper; cover well with the melted butter. Serve.

DEVILLED OYSTERS.

HUÎTRES À LA DIABLE.

Prepare according to the receipt for Devilled Crabs, putting the force-meat into some of the deepest oyster-shells which have been scrubbed clean; or into silver or china shells.

ROAST OYSTERS.

HUÎTRES RÔTIES.

Scrub the oyster-shells; stand them on their hinges on the top of the range, and roast until quite firm. Remove the flat shell from each; put a small piece of butter into the deep shell with the oyster, and serve very hot.

Or, place on their hinges in a baking pan; roast in a quick oven until quite firm, and serve as directed.

OYSTERS À LA POULETTE.

HUÎTRES À LA POULETTE.

Prepare as directed for Curried Oysters, omitting the curry-powder and adding 1 gill of sherry or white wine. When the oysters are cooked, remove from the fire, and stir in the yolks of 2 eggs beaten up with 2 tablespoonfuls of rich cream. Serve immediately.

STEWED OYSTERS.

50 oysters,
1 tablespoon of butter,
1 pint of boiling water or juice,
½ pint of cream,
1 gill of bread-crumbs,
Salt and pepper.

Drain the oysters in a colander; rinse, to remove all shell and grit. Put the bread-crumbs in the water or juice and stew for 5 minutes; then add the oysters, and, in ten minutes, add the cream, butter, salt, and pepper. Boil up once and serve. Oyster-juice is preferable to boiling water, if obtainable in sufficient quantity.

OYSTER FRITTERS.

BEIGNETS d'HUÎTRES.

25 large oysters,
1 cup of milk,
A pinch of pepper,
2 eggs,
1 teaspoon of salt,
2 cups of flour,
½ teaspoon of baking-powder.

Drain the oysters to remove any shell and grit. Chop fine. Beat the eggs together until light; add to them the milk, then the flour and salt and beat until perfectly smooth. Add the dry oysters and baking-powder. Mix, and drop by spoonfuls into boiling lard, having first tested the lard (see General Directions for Frying). Fry golden brown; drain on a piece of paper in the mouth of the oven, and serve on a folded napkin or cut paper. Do not use a fork to remove them, as piercing would render them heavy.

Or follow receipt for Clam Fritters.

OYSTERS AU PARMESAN.

HUÎTRES AU PARMESAN.

Oysters,
Bread-crumbs,
Grated parmesan,
Butter,
Chopped parsley,
1 gill of white wine,
Cayenne.

Butter a shallow dish; strew with brown bread-crumbs. Wipe the oysters; see that they are free from grit; lay them on the crumbs; strew parsley and cheese over them, then more crumbs. Pour in the white wine and put them in a quick oven. Pour a little melted butter over the top and when browned (20 minutes) serve.

CODDLED OYSTERS.

Oysters,
Butter,
Pepper and salt,
Toast.

Drain the liquor from large oysters. Heat a large lump of butter in a saucepan. When it is hot, add the liquor. When the liquor boils very hard, drop in the oysters and cook until the beard curls and the oyster is quite firm. Have the bottom of a deep dish covered with slices of toast; lay the oysters on these; pour the liquor over the toast; add salt and pepper and let stand in a warm place until the toast has absorbed all the liquor. There should be no superfluous liquor. If the oysters have yielded too much in the first instance, you need use only enough to soak the toast well.

PICKLED OYSTERS.

100 large oysters,
2 heaping teaspoons of whole allspice,
2 level " " cloves,
1 lady-finger pepper,
12 blades of mace,
1 sliced lemon,
1 pint of vinegar,
Salt to taste.

Drain the oysters. Free every one from shell or grit, being careful not to bruise or tear them. Strain the liquor into a china-lined kettle, selecting one that will not scorch easily. Add as much boiling water as there is oyster liquor. Bring this to a boil. When boiling, lay in the oysters, a few at a time, that you may watch them well. Boil until the beard curls and the fat part of the oyster feels *perfectly*

firm between your thumb and finger. Lay them on open platters where they will cool. After a while turn them over and cool the other side. The oysters must be absolutely *cold all through*, or they will be slimy when pickled. When all the oysters are cooked and set to cool, remove the liquor from the fire, and wash out the kettle. Strain 1 quart of the liquor into the kettle, add to it 1 heaping teaspoonful of the allspice and 1 level teaspoonful of cloves—that is twice as much of the former; a small piece of red pepper, about ½ a teaspoonful of salt, and 6 leaves of mace. Set it where it will simmer for about 30 minutes, until the liquor is well flavored with the spices. Meanwhile, as soon as the oysters are perfectly cold all through, put them into a stone jar with the lemon sliced very thin, (remove the pips), the lady-finger pepper, from which remove the seeds, the remainder of the cloves, allspice, and mace. When the boiling liquor is sufficiently flavored, remove it from the fire, add the vinegar, (the quantity given is for strong vinegar); set it again on the fire to heat, and then pour it through a strainer over the oysters and fresh spices. Do not use the spices that have been boiled. The amount of liquor allowed should cover the oysters entirely. Cover the jar and set in a cold place for 24 hours before using. If always well covered with the pickle, these oysters should keep for several weeks in cold weather. If they are to be kept, next day pack the oysters in clean preserve-jars; fill them to cover with the pickle, screw on the tops, and set in a cold place. Delicious.

N. B.—Be careful not to scorch the liquor, or the oysters will be spoiled.

OYSTER PIE.

PÂTÉ D'HUÎTRES.

100 large oysters,
1 tablespoon of flour,
1 " of mixed ground spices,
6 yolks of eggs,
1 level tablespoon of butter,
Salt and pepper to taste,
1 large slice of stale bread, grated.

Line a large round dish with Good Plain Paste (see receipt), rolling the bottom very thin, and building up the

edges with 1 or 2 extra layers. Drain the liquor from the oysters; see that they are free from all shell and grit. Put them and the butter rubbed with the flour in a saucepan on the fire. Add the seasonings and stir well. Add 1 pint of the liquor strained and boiling. Stir smooth. Chop the hard-boiled eggs fine. Pour the oysters, in 5 minutes, when scalded, into the dish; sprinkle the bread-crumbs and eggs over the top. Cover with a lid of paste rolled about ½ an inch thick. Trim and notch the edges neatly. Cut a hole (x) in the centre. Roll up a small sheet of pastry, notch it crosswise with a knife, and bake it on a separate tin. Some pastry leaves may also be cut out and arranged on the top of the pie. Set in a moderately-quick oven and bake for about 30 to 40 minutes. Watch that one side does not bake faster than the other. Boil some of the remaining oyster-liquor. When the pie is done, pour it through the hole in the top; place the pastry rose over the hole and serve.

SCALLOPED OYSTERS.

HUÎTRES EN COQUILLES.

50 oysters and their juice,	Butter,
Bread-crumbs,	Salt and cayenne.

Scald the oysters in their own liquor. Drain them, and remove all grit or pieces of shell. Butter the scallop-shells and shake fine bread-crumbs over them. Fill them with alternate layers of oysters, crumbs, and lumps of butter; season each layer. Pour in some of the oyster-liquor strained. Cover the top with bread-crumbs moistened with melted butter. Place them in a quick oven for about 5 minutes to brown the top.

Or: Follow the above directions, using 1 large dish instead of shells, filling with alternate layers, adding cream as well as the oyster-juice to moisten it. Bake 15 minutes until well browned.

OYSTERS FOR PÂTÉS, Etc.

1 quart of oysters,	Butter size of an egg,
½ small onion, grated,	1 teaspoon of flour,
1 gill mushroom-juice,	Salt and pepper,
½ box of mushrooms,	Chopped parsley,

Lemon-juice.

Bring the oysters to a boil in their own juice. Drain them. Put the butter into a saucepan; when hot add the onion and flour and stir well until smooth. Now add 1 gill of the juice of a can of mushrooms, pepper, salt, parsley, and the mushrooms cut not too fine, that is in halves or quarters. Then add the oysters. Stir all together until the oysters are firm. Add lemon-juice to taste, and a little cayenne. Serve in pâtés, caisses, vol-au-vent, etc.

CURRIED OYSTERS.

HUÎTRES AU KARI.

50 oysters with their juice,	1 tablespoon of butter,
1 gill of cream, or 2 of good milk,	2 tablespoons of flour,
Pinch of corn-starch,	Small saltspoon of curry-powder,
1 tablespoon of fine-chopped parsley,	Salt.

Drain the oyster-juice into a saucepan and put on the fire to boil. Wipe the oysters, which should be large and firm, in a clean cloth, carefully removing any pieces of shell. Put in another saucepan the butter and flour. Rub smooth, but do not brown. When the oyster-juice, to which you have added a little milk (if you have no cream), comes to a boil, stir it into the flour very slowly, stirring constantly to prevent lumps. Let this boil a few minutes. Rub up the curry-powder with a pinch of corn-starch or flour and a few drops of cold milk or water. Stir this into the sauce. When boiling hard, drop in the oysters as dry as possible, and let them cook quickly, until you can feel the fat part firm. Add salt. If the sauce is not thick enough to cling to the oysters, add a little more corn-starch rubbed up in cold milk or water, give one boil and serve in a dish bordered with rice. Sprinkle parsley over the oysters.

OYSTERS STEWED IN A CHAFING-DISH.

2 tablespoons of milk or oyster-juice,
1 heaping teaspoon corn-starch,
Salt, pepper, dash of nutmeg,
25 oysters,
1 teaspoon of butter,
2 tablespoons of sherry (may be omitted).

Melt the butter. When it bubbles, put in the oysters without the juice. Add pepper, salt, and nutmeg, and put the cover on, raising it every little while to stir the oysters and turn them. Rub the corn-starch with the milk, if you do not use sherry; if you do use the wine, blend the corn-starch with some of the cold oyster-juice. When the beards of the oysters begin to curl, stir in the corn-starch. Stir and boil until the corn-starch thickens well, then add the sherry; stir, and the oysters are ready to eat.

OYSTERS EN BROCHETTE.

HUÎTRES EN BROCHETTE.

Take a long skewer (silver or plated is best); string upon it, alternately, oysters and bits of sliced bacon cut to the size of the oysters. The extreme ends should terminate with the bacon. When all are in place, broil the whole over a clear fire until the oysters are firm. Have some butter melting by the side of the fire; lay the oysters on a hot dish; pour the butter over; sprinkle with pepper, and salt, and serve. If the skewers are not presentable, draw the oysters off and dish them alternately with the bacon.

Very simple and good.

MINCED OYSTERS.

HUÎTRES EN HACHIS.

50 oysters,
6 fresh (or canned) mushrooms, minced,
1 gill fish-stock (or the oyster-juice),
2 tablespoons of rich cream,
Parsley; chives chopped fine,
½ the bulk when minced, in cold fish,
1 gill white wine,
3 yolks of eggs,
1 tablespoon of butter,
1 teaspoon of flour.

Have ready a saucepan of boiling water; throw in the oysters; when it comes again to a boil, skim them out; throw

into cold water for a minute; wipe dry and mince not too fine. Add to this mince half the bulk of any fine, white, cold fish minced fine, (or omit this, if not obtainable). Now put into a saucepan the butter, 1 tablespoonful of parsley, 1 teaspoonful of chives chopped very fine, and the mushrooms. Let them stew gently for about 5 minutes, dredging in about 1 teaspoonful of flour when the butter melts; stir it a few times. Add the white wine and Fish-Stock (see receipt), or failing this latter, use the same amount of oyster-juice strained. Mix. Add the mince, and stew gently until all the sauce is entirely absorbed and the mince becomes like a thick batter. Be careful it does not scorch. Remove from the fire and stir in the yolks of eggs beaten with the cream. Stir again over the fire for about 1 minute. Have ready large Croûtons (see receipt), or puff-paste shells; when the mince is ready, serve on these.

Highly recommended.

OYSTERS AND MACARONI.

HUÎTRES AU MACARONI.

50 oysters parboiled in their own juice,
1 small teacup of cream or White Sauce,
Cayenne and salt,
½ lb. macaroni,
Bread-crumbs,
Grated lemon-peel.

Boil the macaroni in salted, boiling water 25 minutes, or until very tender. Drain thoroughly. Lay in a deep fire-proof dish. Put upon it a thick layer of oysters with cayenne, salt, and grated lemon-peel. Pour over all a small cupful of cream, or, if you have none, use same quantity of White Sauce (see receipt), the consistency of cream. Cover the top with bread-crumbs, and brown in a quick oven. Serve hot with Sauce Piquante (see receipt). The oysters will require fully 10 minutes to complete their cooking in the oven, having been boiled only until the beards have begun to curl.

TO BOIL A LOBSTER.

Have a large kettle on the fire with plenty of boiling water, deep enough to cover the lobster well. Put in ½ to 1

cupful of salt. When the water is galloping, put in the lobster *head-foremost* and keep it under water with the poker for a minute until it is quiet. Boil 15 to 20 minutes a lobster of 2 to 4 pounds. Lobster is even better boiled in sea-water.

N. B.—If a boiled lobster was alive when it was cooked, the tail when pressed out, should be elastic and spring back instantly. It is advisable never to buy a lobster which has not been seen alive; when, however, it is unavoidable, the above may be of service in selecting.

TO DRESS LOBSTERS COLD.

Crack the shell of the claws carefully, not to mash the meat; remove it and place upon a dish; crack the second small joint of the claws—pick out the meat also. Now turn the lobster on its back; lay a heavy knife on the middle of the tail, all the way up to the body. Give it a gentle blow with the hammer; then with both hands, turn back the shell and draw out the tail intact. This leaves the tail still attached to the body and its shell. Twist off the claws from the under side of the body, and open it so that the fat may easily be reached. Now open the tail in length half-way through on the under side; remove the black vein from body to end. Place the lobster on the dish. Arrange the large claws towards the front, and the small claws around as a garnish. Dress with parsley and serve. Or the body may also be stripped of its shell and opened; in which case, remove the "lady's arm-chair" (or stomach) and sand-bags. This is not as pretty a way as the first described, but gives a little more edible meat.

BROILED LOBSTER, CALLED À L'AMÉRICAINE.

HOMARD À L'AMÉRICAINE.

Remove the small claws, "lady's arm-chair" (stomach), and sand-bags from a *live* lobster, splitting it with a heavy knife

and mallet from head to end of tail. Spread open on a hot gridiron over a fiercely hot bed of coals. Turn and broil about 20 minutes. Serve with plain Melted Butter (see receipt).

LOBSTER À LA NEWBERG.

HOMARD À LA NEWBERG.

1 lobster, from 3½ to 4 lbs,
1 gill of sherry,
1 pint of cream,
Cayenne, salt,
1 tablespoon of brandy,
1 " " butter,
4 yolks of eggs.

Put the lobster head-foremost into a pot of boiling water, and boil 15 minutes. Take it out and allow it to cool. Remove the meat from the shell and cut it into square pieces about the size of a walnut. Put them into a stewpan with the sherry, brandy, and a piece of butter the size of an egg. Add a little cayenne. Let all boil for 5 minutes. Prepare in a bowl with cream, the yolks of eggs and a little butter. Mix well and stir it into the lobster while the latter is boiling. Do not let boil again after the cream is added to the lobster, or it will curdle. Serve in a very hot dish.

LOBSTER CHOPS.

CÔTELETTES DE HOMARD.

2 oz. of butter,
1 cup of cream,
Nutmeg,
Cayenne and salt,
Lard for frying,
2 oz. of flour,
3 yolks of eggs,
½ lb. of boiled lobster meat,
Egg for dipping,
Sifted bread-crumbs for dipping.

Cut the lobster into very small dice. Put the butter and flour into a saucepan on the fire. Blend and stir, but do not color. Add the boiling cream and the lobster dice. Stir 2 or 3 minutes. Remove from the fire. When slightly cool, stir in the beaten yolks of eggs, a dash of nutmeg, cayenne and salt to taste. Return to the fire and stir until the eggs are well set. Butter a platter. Spread the mixture upon it

½ an inch thick. When cold and firm, form it into chops pointed at one end. Dip first into bread-crumbs, then into eggs, then again into the crumbs. Let them stand in the ice-box for 1 hour at least. Have the lard boiling in the frying-pan. Test it with a piece of bread. See General Directions for Frying. When the lard is ready, lay in the chops, using a frying-basket if possible; fry golden brown. Drain on brown paper in the mouth of the oven. Stick a claw in the end of each chop, and dish in a circle. Garnish tastefully, and serve with Tartare Sauce (see receipt).

LOBSTER CURRY.

HOMARD AU KARI.

1 lobster, medium size,
1 oz. of butter,
2 gills of stock or water,
Salt and cayenne,
2 onions, minced,
1 tablespoon curry-powder,
Juice of half a lemon,
Boiled rice.

Cut the boiled lobster into dice; fry the onion in butter; stir in the curry-powder and stock or water. Stew all together until beginning to thicken, then put in the lobster meat. Stew for about 20 minutes, stirring occasionally. Just before serving, add the lemon-juice, salt, and cayenne. Dish with a wall of boiled rice around the edge and the lobster in the middle.

DEVILLED LOBSTER.

HOMARD À LA DIABLE.

Having boiled the lobster and picked out the meat, remove the black vein from the tail. Save all fat, green and red. Chop the meat and dress exactly as directed for Devilled Crabs; fill the lobster-shell with the mixture; cover with bread-crumbs; bake 15 minutes until browned.

LOBSTER FARCIED.

HOMARD FARCI.

Proceed exactly as for Crabs Farcied, having removed the black vein from the tail of the lobster.

SOFT-SHELL CRABS FRIED.

Raise the ends of the crabs and remove the sand-bags and spongy substance from beneath the shells. Wash well and wipe. Sprinkle with salt and pepper. Put equal parts of lard and butter in a frying-pan on the fire; when boiling, lay in the crabs. Turn them when partly done; leave them longest on the white or under side. They will take from 10 to 15 minutes to cook, according to size. Rub a little fresh butter over the backs of the crabs when dishing, and serve very hot.

BOILED HARD-SHELL CRABS.

Have a large pot of boiling water on the fire. Put in from 1 to 2 gills of salt. When boiling hard, pick up the crabs with the kitchen tongs; drop them into the water head foremost, if they will allow it, and boil rapidly for about 10 minutes, or until the shells are bright red, but no longer, or they will become watery. The livelier they are, the better. They must be alive when put into the pot. Crabs do not keep long when once cooked; in summer not over 36 hours; lobsters likewise.

DEVILLED CRABS.

CRABES À LA DIABLE.

6 oz. of crab-meat,	2 oz. of bread-crumbs,
2 hard-boiled eggs, crumbed,	Juice of half a lemon,
Cayenne and salt,	Cream.

Pick the meat from boiled hard crabs. Wash the shells. Fill the shells with the above ingredients mixed. Use Cream Sauce if you have no cream. Sprinkle fine bread-crumbs over each, and a lump of butter on top. Brown in a quick oven.

CRABS FARCIED.

CRABES FARCIS.

Picked crab-meat,	Grated bread-crumbs,
Salt, pepper,	Butter,
Cayenne,	Lemon-juice.

After picking the meat from the shells, allow a little more than one quarter the weight of the meat in crumbs. Cover

with bread-crumbs; dot the top with butter, and set in the oven 10 minutes or until lightly browned. Serve on a napkin with lemon and parsley.

CRAB SALAD.

CRABES EN SALADE.

Picked crab-meat,	Head of lettuce,
2 tablespoons of sweet oil,	1 saltspoon of salt,
1 tablespoon of vinegar,	Pepper and cayenne to taste.

It will take the meat of at least 12 to 15 crabs of medium size to make a salad for six persons. Pick it carefully, keeping the pieces as large as possible. Lay it in a bowl. Mix the dressing as above; pour over the crabs; mix thoroughly and set in the ice-box. Put a row of crisp lettuce leaves around the edge when ready to serve. The quantity of dressing may be increased according to the quantity of meat the crabs yield. Recommended.

FRIED SCALLOPS.

1 quart of scallops,	Bread-crumbs,
1 egg,	Lard,
Pepper, salt,	Nutmeg.

Wash the scallops. Wipe dry in a clean cloth. Dip first into the egg, which you have beaten sufficiently to mix yolk and white; then into fine, sifted, dried bread-crumbs, or mixed bread and cracker crumbs. The bread-crumbs must be seasoned with salt, pepper and a dash of nutmeg. Lay the scallops on a dish, separated, so that the air may dry them. Set them away for an hour or more, then fry golden brown (see General Directions for Frying). They must be shaken constantly so as to prevent browning unevenly. The secret of cooking these well, is to dip them nicely, and not to fry them more than about 3 minutes, the lard being quite boiling. They should be of a pale golden brown. As a rule they are cooked too much. Dry well on a sieve or paper in the mouth of the oven, and serve very hot on a cut paper garnished with parsley and lemon.

SCALLOP SALAD.

Scald the scallops in salted boiling water for 3 minutes. When cold, cut each in two. Put into a salad bowl. Dress with French Dressing (see receipt), adding a dash of cayenne. Surround with crisp young lettuce leaves. Recommended.

STEWED SCALLOPS.

Proceed exactly as for Stewed Oysters, only cooking the scallops a much shorter time, until slightly firm.

SCALLOPS À LA POULETTE.

The same as above, with the addition of the yolks of 2 eggs stirred in after the scallops are removed from the fire.

SCALLOP PÂTÉS.

Prepare as for Devilled Scallops. Have ready some pastry-puffs well heated. Fill with the mixture and serve.

DEVILLED SCALLOPS; OR,

À LA DIABLE.

1 pint of rich White Sauce,
1 small cup of stale bread-crumbs,
Curry-powder,
1 gill of sherry,
1 quart of scallops,
Salt,
Celery-salt,
Cayenne.

Scald the scallops. Chop not too fine. Stir the bread-crumbs and scallops into enough White Sauce to blend the whole without making it too liquid; the addition of the wine will soften it still more. Add the seasoning, being careful to put not enough of any one thing to permit its particular flavor to predominate. The quantity of curry can never be accurately defined, as it varies greatly in strength. The only guide is, that it should not be recognizable among the other ingredients. Put into buttered shells, with browned bread-crumbs over the tops, dot with butter, and bake 5 to 10 minutes, just long enough to heat thoroughly through.

CLAMS.

NOTE.—TO OPEN CLAMS WITHOUT A KNIFE.

Scrub the shells. Place the clams on their hinges in a clean roasting-pan. Pour a few drops of boiling water into the pan, and place it in the oven until the shells open easily. Strain the liquor and use if required.

RAW CLAMS.

Select the smallest and most tender. Serve before dinner in spring and summer. They should be as cold as possible. (See receipt for Raw Oysters.)

CLAMS WITH CREAM.

50 small clams,
1 teaspoon of flour,
Clam-juice, strained,
Butter size of an egg,
1 cup of boiling cream,
Pepper.

Chop the clams not very fine. Melt the butter in a saucepan on the fire. Add the flour and stir well. Cook a few moments, but do not color; add gradually the hot clam-juice, then the clams. Stew 3 to 5 minutes. Add the cream and pepper, also salt if required. Bring to a boil and serve.

FARCIED CLAMS.

Follow exactly the receipt for Farcied Crabs, using the shells of the clams to bake the mixture in. Season with plenty of cayenne and add chopped parsley. Be careful of adding salt.

CLAM STEW.

Follow same directions as for Stewed Oysters, or Oysters à la Poulette (see receipts).

CLAM FRITTERS.

Chop the clams fine, or simply cut off the beards and leave the rest of the clam whole. Make a thick batter, see below. Mix the clams with it and drop the mixture by the

tablespoonful into boiling lard. Fry golden brown. See General Directions for Frying; drain for a moment on brown paper in the mouth of the oven and serve very hot, in a pyramid on a folded napkin.

Batter for above:

¼ lb. of flour,
1 level saltspoon of salt,
½ " " " pepper,
2 eggs,
1 tablespoon of salad oil.
1 cup of water, or less,
¼ level saltspoon of nutmeg.

Mix all together with the yolks of eggs. Beat the whites to a stiff froth, then mix them with the batter, which should be stiff enough to hold the drops from the spoon in shape when dropped upon the batter. If you have enough clam-juice use it in preference to water for thinning the batter.

N. B.—Oysters may be cooked as above.

ROAST CLAMS.

Scrub the shells. Stand them on their hinges on the top of the range and roast until quite firm. Break off one shell; put a piece of butter on each clam and serve very hot. Or, stand the clams as described in a baking-pan; set the pan in a quick oven for about 15 minutes, until the clams are quite firm. Strain the juice into a sauce-boat, add a lump of butter and pepper and serve.

CLAM CHOWDER NO. I.

50 clams,
1 onion, chopped fine,
Salt to taste,
Cayenne,
2 gills of cream,
8 oz. of potato, cut in dice,
2 gills of good stock, or milk,
1 tablespoon of butter,
2 tablespoons of flour,
1 saltspoon of ground mace,
1 " " powdered thyme,
4 oz. hard tack, in pieces.

When the clams have boiled 3 minutes in their own juice, strain out and return the juice to the fire. Fry the onion in butter, and the pork cut in dice; add the flour. Stir. When cooked well, add the clam-juice, stock (or water), cream, mace, thyme, cayenne, potatoes, and salt if necessary. When

the potatoes are tender (about 25 minutes) add the clams whole or cut in pieces and the biscuits soaked in milk. Boil until the clams are firm, and serve in a deep dish or tureen.

CLAM CHOWDER NO. II.

200 soft clams,
1 teaspoon of sweet marjoram,
1 " " thyme,
1 " " sage,
1 " " summer savory,
1 large teaspoon salt,
Pepper to taste,
1 large onion, sliced,
10 large crackers,
1 can of tomatoes,
Chopped parsley,
½ lb. butter,
1 saltspoon ground cloves,
1 " curry-powder,
2 gills of cream or rich milk.

Boil all but the milk together for about 40 minutes. When done, add the milk or cream. Bring to a boil. Then move from the fire and add 2 gills of sherry. Serve in a tureen.

TIME-TABLE FOR COOKING MEATS.

	Hr.	Minutes.
Sirloin of beef, oven, moderately under-done.....per lb.		9
Sirloin of beef, before the fire, moderately under-done, per lb.		10
Rib-roast, boned and rolled, oven, moderately under-done, per lb.		10
Leg of mutton, oven, moderately under-done.....per lb.		10
Stuffed shoulder of mutton, oven, well-done.....per lb.		16
Saddle of mutton, oven, very under-done .....per lb.		9
Loin of mutton, oven, " " .....per lb.		8
Loin of veal, slow oven, very well-done (covered).....per lb.		15 to 18
Fillet of veal, slow oven, " " " .....per lb.		18 to 20
Stuffed shoulder of veal, slow oven, well-done (covered), per lb.		18 to 20
Leg of pork, slow oven, very well-done .....per lb.		20
Loin of pork, slow oven, very well-done.....per lb.		15 to 18
Shoulder of pork, slow oven, very well-done .....per lb.		20
Filet of beef, moderately-quick oven, under-done.....whole		45 to 60
Liver, moderate oven, well-done .....whole	2	
Liver, braised, simmered gently, well-done ..... whole	2	
Beef, braised, simmered gently (from first putting on) .per lb.		About 36
Bouilli, simmered very gently " " " " ..per lb.		32 to 35
Cornbeef, simmered very gently " " " " ..per lb.		30 to 32
Brisket of beef, simmered gently " " " " ..per lb.		About 30
Ham, in cider. When cider begins to boil, allow....per lb.		18 to 20
Ham, in water. When water begins to boil, allow....per lb.		18 to 20
Leg of mutton, simmered very gently .....per lb.		15 to 18
Bacon, boil gently .....per lb.		15
Tripe, boil .....fully	5	

DIRECTIONS FOR KEEPING MEATS, ETC., WARM AND REHEATING.

Sufficient attention is not paid to this detail, so important to the achievement of furnishing a good table. First of all must be laid down the rule that nothing is to be put *into* the oven to keep warm. This is the easiest and most usual mode; but it is a very bad practice, as the kind of heat to which the article of food is thus subjected tends to dry the surfaces, more or less, to leather or a crisp, and renders the dish most unappetizing and unattractive. There is but one right way to manage this matter.

Put upon a dish, bowl, or plate (according to its nature) the article of food to be kept hot. Cover it over closely with an inverted bowl, dish, or plate, as may be required. Make it as nearly air-tight as possible. Fill with boiling water a pot or saucepan into the top of which the plate or bowl will fit. The saucepan should not be more than half full of water. Set the dish or bowl over this; set the saucepan back on the range where the water will be kept at boiling point, and let it remain until required.

By observing these directions, it will be found that most dishes will not suffer very much by being kept awhile. There are exceptions to the rule. Croquettes do not keep hot well in the manner directed. Indeed all fried things are spoiled by standing, becoming limp and soggy. They should rather be fried at the last moment, or if this is not practicable, they may be reheated in the oven, leaving the door open and allowing the croquettes to remain only just long enough to heat, but not to dry up.

To reheat an ordinary dish, the hot-water system described above should be employed, allowing sufficient time to heat slowly.

BEEF.

GENERAL DIRECTIONS.

TO ROAST BEEF.

ROSBIF.

The best cut of beef for roasting is the sirloin or English cut; that most commonly used is the rib-roast. The former has the tenderloin under the rib-bone. A good piece of this, where the filet is fine, should weigh at least 10 to 12 pounds.

Of the rib-roast, the third, fourth and fifth are the choice cuts. Two ribs "cut full," as the butchers say, will make a good-sized roast and weigh about 10 lbs. It certainly makes a more sightly dish of this cut to have the butcher trim out the bones and skewer the end around the eye of the meat. It lies nicely on the dish, and looks well; but is hardly as sweet as when roasted with the bones left in. If the bones are removed, save them for the soup-pot.

A third cut for roasting which is much used on the continent, and very little known here, is the cross-rib; a solid piece of meat, with no bone and only a fair allowance of fat. It is a most profitable cut, there being no waste, and it certainly contains far richer juices than either of the other cuts; very good qualities in a family where there are many children or delicate digestions.

See that the piece, whatever may be the cut selected, is neatly skewered, that, when roasted, it may present a proper appearance. Place it in the roasting-pan (unless you are blessed with an old-fashioned Dutch oven and can roast be-

fore the fire). With your hand, rub in as much flour all over as the meat will hold, letting a little drop on the bottom of the pan. Put dots of sweet drippings over the top of the roast, using about 2 tablespoonfuls in all. Meanwhile, see that your fire is in prime order and will not get too low for the two hours to come. Turn all the heat into your best oven. When the oven is at its hottest and best, set the roasting-pan in. Shut the door and leave it for about 20 minutes; by that time it will have begun to brown nicely and may require the pan to be turned. If not quite brown enough, leave for another 5 or 10 minutes; then open the door, draw out the pan and pour in about 1 cupful of boiling water. Have at hand a long iron spoon with which to baste. Baste the meat all over generously. Cover it now with a second pan and set it back in the oven. Shut off all the extra heat from the oven; close the draughts, and reduce the temperature of the oven to a very moderate heat. Every 10 or 15 minutes baste again. When nearly done, sprinkle quite thickly with salt and pepper and baste again. I can hardly say "baste" often enough, as so much of the result of the roasting depends upon it. The solid piece of 12 lbs. of beef will be done, if the above directions are followed, and the fire managed well, in exactly 2 hours. For a less solid piece of the same weight (that is, of more surface and less thickness), you would allow less time, say 9 minutes instead of 10 to the pound. For sirloin, allow eight or nine minutes, if liked very under-done. This turns out the beef brown and juicy outside, delicate rosy-red and juicy inside; no rawness anywhere through it, unless it has been subjected to frost, in which case the time cannot be calculated. For those who like their beef brown all the way through, no redness at all left, you must allow 12 minutes at least to the pound, but always following the above directions. The sense of the matter is this: The first intense heat of the oven sears the meat, keeps in the juices, and gives, at the same time, a fine color to the surface and to the gravy which flows from it. Lessening the degree of heat afterwards, cooks the

inside without further scorching the surfaces; and covering with a second pan keeps in the juices, prevents too much evaporation, as well as too much browning. When once the idea of roasting is grasped, a most important addition is made to one's accomplishments as a cook. Intelligence and practice can do much, although the French do say, "Il faut être né rôtisseur."

When the meat is cooked, remove the roast to a hot platter. Set the roasting-pan on the top of the range. Pour in a few drops of water from the kettle, and stir well to detach all the nutty-brown particles of flour that may have adhered to the pan. Boil and stir for 3 or 4 minutes, then strain into a gravy-boat, skimming off all the superfluous fat (which you keep for drippings). Let me warn you against the melancholy practice, which prevails, of adding flour to the roasting-pan to burn and thicken the gravy. This is a barbarism and a relic of antiquity. Nothing can be better than the pure juices of the meat, and there is no more thickening really required than the stray particles of flour which fell from the meat when first put to roast. These have cooked well and browned during the time of roasting, and serve to make the gravy as rich as it ought to be. The system of thickening with burned, bitter-tasting flour cannot be too much discouraged.

There has recently come into use a double-iron pan for roasting, which has a great many good qualities, and settles satisfactorily the question and use of covering meats while roasting. If used, follow very carefully the directions given with it, that the roast may be neither too flabby and steamed, nor too dried up. The old-fashioned Dutch oven is, of course, the best of all; the patent roaster, with its clockwork to make the roast revolve, is also admirable; unfortunately they are fast disappearing. The time allowed for these is slightly more than for the oven, but not more than 1 or 2 extra minutes to the pound.

The directions for beef-roasting have been given in detail, as the general rules apply equally to nearly all roasted meats,

allowing, of course, the difference of time for the various kinds, and will serve as reference in many cases.

Roast beef may be garnished with fresh-scraped (not grated) horseradish (this is the English custom); also with Yorkshire pudding.

YORKSHIRE PUDDING.

1 pint of sifted flour,	½ teaspoonful of salt,
1 " " milk,	4 eggs.

Put the flour in a large bowl with ⅔ of the milk, the salt, and eggs. Beat and blend thoroughly; then add the rest of the milk. This quantity may be baked in a pan 12 x 8 x 1 inch deep. Pour in some of the drippings from the pan in which the beef is roasting. When the pan is hot, pour in the batter upon the drippings, and bake from 30 to 40 minutes. Cut in square pieces and dish around the roast beef.

A PLAIN BRAISE OR "POT-ROAST."

Heat an iron pot; put in a very little sweet drippings (for poultry, butter is best); when hot, lay in the beef or poultry; if meat, sear it; if chicken, brown it a delicate gold color, uncovered. To this, add a small onion and a small carrot chopped and fried in butter till very brown, but not burned. Pour in boiling water to barely half the height of the meat or chicken; add salt and pepper, and cover as tightly as possible. Thicken the gravy or not, as you prefer. To imitate a plain roast, do not thicken it. If thickened, use a Roux (see receipt). Simmer 2 to 6 hours, according to weight and toughness (see Time-Table). Veal must be cooked more slowly and gently than any other meat, otherwise it becomes stringy, and is indigestible. If mutton is tough, it will be found a great improvement to beat it thoroughly with a rolling-pin before cooking it.

BEEF À LA MODE.

BŒUF À LA MODE.

10 lb. piece of beef from the round,
2 tablespoons of butter,
2 " " flour,
2 carrots, cut in large pieces,
½ lb. salt pork,
½ lady-finger pepper, without seeds,
1 large or 2 small cloves of garlic,
1 tablespoon of vinegar,
3 sliced onions,
Parsley,
Boiling water,
6 cloves,
Bunch of celery,
12 allspice,
1 bay-leaf,
1 gill of sherry.

For the force-meat:

Bread crumbs,
Spices,
Thyme,
Butter,
Parsley,
Chopped onion,
1 egg,
Minced salt pork,
Pepper,
Salt.

To be perfect, this should be made of a piece from the best side of the round, weighing at the very least 10 (preferably 12 or 14) lbs., so that it shall not be less than 5½ to 6 inches thick when cooked; but, of course, for a small family, a smaller piece can be used, provided it be *chunky*, not long and thin. The cross-rib cut is excellent for this purpose; quite as tender, very juicy, and much more compact than a piece of round of the same weight.

If you are in town, have your butcher lard it for you; if in the country, and have to do it yourself, cut strips of fat pork 3 or 4 inches by ¼ an inch thick. Make incisions with a sharp knife at equal distances of about 2 inches, and insert the strips of pork. Repeat this operation on the second side of the beef. Here and there make incisions and stuff in a little force-meat very highly flavored with parsley, thyme, and a little chopped onion. The force-meat may be made of bread-crumbs, etc. (see list of ingredients). Now tie the beef very neatly in a round, with strips of muslin or tape; string of any kind gives it a ribbed, ugly appearance when cooked.

Heat an iron pot a little larger than your beef. Throw in

a few slices of salt pork. When the fat is melted, and the pot fiercely hot, push the pork aside and lay in the beef. Do not cover. Let it sear 10 minutes on one side, then turn and sear 10 minutes on the other side. The fire must be intensely hot during this operation; if not, the beef must sear a few minutes longer. This keeps in the juices of the meat. In a separate frying-pan, fry meanwhile 2 or 3 sliced onions in butter. When the beef is turned on its second side, throw the onions upon it. Then put into the same frying-pan 1 tablespoonful of butter and 2 of flour; stir together until of a rich brown color, but do not burn; then add by degrees enough boiling water to blend it. Pour this over the beef, when the latter has been long enough on the second side. Add to the pot sufficient boiling water to half cover the beef. Let it come to a smart boil. Add 2 carrots and a bunch of celery, cut in pieces, a bunch of parsley, 6 cloves, 12 allspice, ½ a lady-finger pepper (without seeds), 1 bay-leaf, 1 large or two small cloves of garlic, 1 tablespoonful of vinegar. Cover the pot as tightly as possible to keep in the steam. If necessary, wrap a cloth around the top to prevent the escape of steam. Set on the back of the range where it will keep up a steady, gentle simmer. It must cook *very* slowly. Indeed this is the most important rule for this mode of cooking. After the first 2 or 3 minutes, it must cook very slowly; were it to boil, it would become stringy and go to pieces, instead of melting into tenderness and retaining its juices and its shape perfectly. For 10 lbs. allow 6 hours. If it is done before that time you may know that you have cooked it too fast. This includes the time taken for the searing. Watch it well, and if your fire has been too quick, and it is done before the allotted 6 hours, set it aside where it will keep hot, but not cook any more. When it is time to serve the beef, remove it to a hot platter; pick out some of the best pieces of vegetable to garnish the dish; skim and strain the gravy; add seasonings and 1 gill of wine. Pour a little gravy over the beef, and serve the rest in a sauce-boat. Treasure every drop of it.

N. B.—Should the gravy steam away in the cooking, you can add a little boiling water now and again, but very little at a time. The gravy should be delicious.

Beef à la Mode is really much better cold than hot. If you want to serve it cold, manage it in this way: When you have dished your meat and strained the gravy, return to the pot all the thick part left in the strainer; add to it a little broth or boiling water. Stir and boil for a few minutes. When you want to put away the beef, lay it in a deep bowl, mix all the gravy that remains with the broth in the pot; strain the whole over the beef; shut up tight to keep in the steam, and set away in a cool place. This is a very simple way of making a delicious dish. It will keep for several days in winter.

BRAISED BEEF, OR BEEF EN DAUBE.

BŒUF BRAISÉ OR EN DAUBE.

Is treated almost exactly the same as Beef à la Mode, except that it need not be larded. The cross-rib cut is excellent for this; but for that matter almost any of the usual cuts may be used. The "horseshoe" does very well also, if cooked slowly enough and long enough. For the real daube, however, use the cross-rib. Sear as described in the receipt for Beef à la Mode, after tying up the piece neatly. Add the same vegetables and seasonings, and 1 cup of stewed tomatoes. The same remarks also apply to the mode of cooking. Allow 5 hours for 8 lbs., 6 hours for 10 lbs. Watch it, and see that it cooks slowly enough. For a family dinner, serve with the vegetables, as they are excellent; otherwise, serve without the vegetables.

Braising (or "pot-roasting") is a most useful process of cooking, as it serves for nearly every kind of meat and poultry, and is an excellent resource when one is not perfectly certain that one's joint is very tender. Try the same process for rabbits, pigeons, poultry, veal, and mutton.

BOILED BEEF.

BOUILLI.

Select what is called by the butchers the "horseshoe" piece. It should weigh at least 8 lbs., and from that to 10 or 12. Put it into a large pot, and cover it with cold water, allowing 1 quart to each pound of meat. Bring gradually to a boil. Set on one side of the range where it will simmer steadily, without a moment's intermission, until done. Allow from 32 to 35 minutes per lb., counting from the time the beef is put on the fire, not (as usual) from the time the water begins to boil. Calculate the time, and 2 hours before it is to be done, add 2 or 3 carrots, cut in strips, a large bunch of celery-leaves or head of same, 2 or 3 onions, parsley, 1 or 2 leaves of cabbage (if winter), 2 or 3 turnips, cut and trimmed neatly, and 1 teaspoonful of salt. When the beef is done (it should be cooked until almost, but not quite, ready to go to pieces), remove it to a hot dish. Have ready a rich Tomato Sauce (see receipt). Pour some of the sauce over the beef; arrange some of the vegetables around, and serve the rest of the Tomato Sauce in a boat. This is the national dish of the French people, and it is really excellent, if properly cooked. Allow the broth to boil down to one half or one third of its original quantity; strain and set away. Some of it may be served, if necessary, the same day, with the vegetables boiled with it cut in fine pieces, mixed and served on a separate dish (see Pot-au-feu). A few pieces of dry toast should be put into the tureen.

ROASTED FILET OF BEEF, LARDED.

FILET DE BŒUF PIQUÉ.

Trim the filet neatly, removing every shred of the muscular covering from the meat. Cut narrow strips of fat salt pork and throw them into a bowl of ice-water to harden. Use a larding-needle. Place a strip of the pork in the open end of the needle, pushing it in as far as it will go. With this

take a stitch on the uppermost side of the filet, the stitch being about 1 inch long, penetrating the meat only about ½ an inch. Put your finger on the end of the strip of pork and draw it out of the needle, leaving the ends of the pork exposed about ½ an inch at either end of the stitch. Repeat this in even rows all down the centre of the side that is to stand uppermost; begin a new row then about 1 inch apart; try to make the ends of the new row come opposite the spaces in the first row. Repeat these rows until all the upper side is filled (or your patience exhausted). They must look very neat and even. In the bottom of a baking-pan lay 1 small onion, small carrot, stick or two of celery, all cut in pieces, 4 cloves, and 1 bay-leaf. Lay the filet on this bed, larded side uppermost. Dredge with pepper, and put bits of butter over the top. In the pan put about 4 tablespoonfuls of boiling water. Bake in a quick oven, basting frequently, for about 45 minutes. Some authorities say 30 minutes, if the oven is very quick. It must feel quite elastic under pressure, as it is always eaten underdone. Remove the filet to a hot platter. Put in the pan 1 tablespoonful of butter and 2 of flour; stir them together over the fire until brown. Add 1 pint of broth, including the strained pan-gravy. Stir. Boil 5 minutes. Strain; add 1 pint of fresh or canned mushrooms; cook 5 minutes, then remove from the fire; add 1 teaspoonful of Worcestershire Sauce, 1 tablespoonful of sherry, salt and pepper to taste. Pour it around the filet and serve.

BROILED FILETS MIGNONS.

FILETS MIGNONS GRILLÉS.

Cut the filet crosswise in slices ¾ of an inch to 1 inch thick. Remove all fibres and muscles from the outer edges. Have the gridiron very hot under a fine, clear fire. Place a dripping-pan beneath to catch the juices that will fall from the filets. Dip these on both sides in good olive oil and lay on the gridiron. In ½ a minute turn them. Keep on turn-

them from side to side, leaving no one side longer than the other. They will take about 8 minutes under an intense fire. Have ready a tablespoonful of butter (or more according to the number of filets) rubbed up with an equal quantity of chopped parsley and the juice of ½ a lemon. As the filets are cooked, place them on a hot dish, spread them thickly with this Maître d'Hôtel Butter; sprinkle with pepper and salt. Cover with a second hot dish and stand in the open oven door for 2 or 3 minutes before serving, that the butter may melt. Add the juices from the pan. The filets should be dished in a circle, one overlapping the other. Fill the centre with parsley, or with some delicate purée, or fresh peas. Or serve with Madeira Sauce, with chopped truffles and mushrooms.

FILET OF BEEF BRAISED.

FILET DE BŒUF BRAISÉ.

1 filet,
1 onion, sliced,
Sprig of thyme,
Stick of celery or leaves,
Salt and pepper,
Salt pork.
2 carrots, sliced,
½ turnip, "
Parsley,
3 cloves,
6 allspices,
1 gill of sherry or white wine.

Cut the salt pork in long narrow strips and throw into a bowl of cold water to harden. Lard the side that is to stand uppermost. Use a larding-needle. Proceed as directed in receipt for Roasted Filet of Beef Larded. The larding must be very evenly and neatly done. It is one of the *finesses* of cookery that requires to be demonstrated, at least once, by one who has the knack of it; description is not of very much assistance. Having larded the upper side, then, proceed with the mode of cooking as follows:

Choose a pot with a cover to fit, or a double pan that will fit in your oven. Having cut up the vegetables, fry them slightly in a frying-pan with a little butter; lay these in the pan in which you are to cook the filet, larding uppermost;

add the spices and seasoning, wine, and only enough boiling-water to quite half-cover the filet. Close it tightly. Bring it to a boil, then set it back where it will barely simmer for 1 hour to 1 hour and 20 minutes, according to the weight and thickness of the filet. Then remove the cover of the pot; set in the oven for 15 to 20 minutes, basting frequently. The meat should, when done, be slightly elastic under the pressure of the fork. Never pierce meat to see if it is cooked; after very little experience you will be able to tell by the firmness or slight elasticity under pressure whether the meat is thoroughly done or slightly underdone. When ready to remove the filet to a hot dish, strain the gravy into a boat, skim and serve. This is a perfectly plain, ungarnished filet, deliciously flavored and juicy. It is never as red and soft as when simply roasted, but is none the less good for all that. On the contrary, the above mode of treating a filet will be a revelation of new delights to those who only know the soft, water-soaked, tasteless mass that most filets are when cooked by the commonplace cook. Having the foundation well-prepared, you can garnish the filet in any of the various ways directed below.

FILET BRAISÉ AUX CHAMPIGNONS.

Braise the filet as directed. Have ready 1 can of French mushrooms, or half a pound of fresh mushrooms skinned and slightly stewed in butter. When the sauce is strained, as above directed, put it into a saucepan with some of the liquor of the mushrooms; make a roux of 1 small teaspoon of butter and 1 of flour well browned over the fire. Blend the boiling sauce into the roux. Stir. Add the mushrooms and 1 gill of white wine or sherry. Boil 3 to 5 minutes and serve with the filet. If the mushrooms are fresh, try not to break them in cooking; place them around the filet as a garnish; put a little sauce on the dish and serve the rest in a sauce-boat.

FILET BRAISÉ, MADEIRA SAUCE.

FILET BRAISÉ SAUCE MADÈRE.

Braise the filet as directed. Strain off the sauce. Add to it an equal quantity of rich Tomato Sauce (see receipt), and boil down for 5 minutes. Add one gill of sherry and serve. Add also, if liked, mushrooms and truffles chopped fine.

FILET BRAISÉ AUX TRUFFES.

Braise the filet as directed. Make the sauce as indicated above (Madeira Sauce). To this add some of the best truffles that you can buy, cut in not too thin slices.

N. B.—Never buy any but the best truffles, from the most reliable, first-class dealers, as there is a great deal of falsification in this article, and the false truffles are very unwholesome.

FILET BRAISÉ À LA SOUBISE.

Braise the filet as directed, and serve on a Soubise Sauce (see receipt).

FILET BÉARNAISE.

Braise the filet as directed and serve with a Sauce Béarnaise (see receipt).

FILET AUX TOMATES FARCIES.

This is a most dainty dish. Braise the filet as directed. Select some small fresh tomatoes of uniform size; cut off the stem-end and scoop out all the soft inside. Make a dressing of chopped mushrooms, a tiny bit of finely-chopped or pounded garlic (or grated onion), chopped parsley; have the bulk of all this in stale bread-crumbs, and a large lump of butter, salt, and cayenne. Put the mixture in a saucepan and stir until the butter melts and becomes absorbed. Fill the tomatoes with this dressing and sprinkle bread-crumbs over the top. Lay the tomatoes in a saucepan that will fit in the oven; put

a piece of butter and 2 or 3 tablespoonfuls of broth in the saucepan. Place the saucepan in the oven and bake for 20 to 30 minutes; longer if the tomatoes are large. Remove the cover and leave the tomatoes in the oven until they are slightly browned. When the filet is ready, strain the gravy; thicken it slightly with a roux of 1 small teaspoon of butter and 1 of flour browned over the fire. Blend the boiling gravy into it. Boil 5 minutes. Add a little wine. Place the filet in the middle of the dish, the tomatoes around, and serve the gravy in a boat. Add any juices that may remain in the saucepan in which the tomatoes were cooked. Garnish the dish with parsley, etc., and serve.

TO BROIL A BEEFSTEAK.

BIFTEK.

The best cut unquestionably is the porter-house steak; the next best is the sirloin (of which in turn, there is a choice of cuts); this is always a large steak, weighing from 3 to 4½ lbs., and it is not all profitable for broiling, there being quite a long, coarse end which is only fit for stewing, etc. The second best small steak, weighing from 1 to 2 lbs., is the rib-steak, and also the "short-steak;" the most nutritious and profitable, of course, is the round. The latter must always be well-beaten and broiled quickly. If beaten enough, it is excellent, the meat being much richer than the finer cuts. The porter-house to be perfect should be cut very thick, 1 inch at least to 1½.

If large, the steak should under *no* circumstances be broiled *over* the fire. Before beginning, see that the fire is clear and clean. Place the gridiron where it will heat very hot. Grease it. Lay the steak upon it, and in about 1 minute turn it over. It must be turned very often, one side remaining no longer than the other. An ordinary steak ¾ of an inch thick should not require more than 8 or 10 minutes, to be served done through, but red and juicy. Do not pierce it with a fork to ascertain if it is done; press it with the flat

side of a knife or fork, and if only slightly elastic, it is done enough. The firmer it is under pressure, the more cooked it is. It should be served as described, red and juicy. Have ready a tablespoonful of butter rubbed up with a tablespoonful of chopped parsley and juice of ½ a lemon. When the steak is cooked, place it on a hot platter, and butter it over with this Maître d'Hôtel Butter. Place it in the oven with the door shut for 1 minute to melt the butter; sprinkle with salt and pepper and serve. Of course a large sirloin steak will require longer to cook. If the fire is very clear and free from gas, the small steaks may be broiled over it; but the practice should be discouraged as much as possible, as it is the cause of much black, smoked meat, and of a very unpleasant flavor of coal-gas, if not managed by a careful, clever cook.

BROILED STEAK À LA SHREWSBURY.

Broil a thick porter-house steak as directed. Select fine, large, fresh mushrooms. Peel the tops, scrape the stalk and cut it off about half an inch from the top. Lay these upper-side down on a hot broiler and broil until tender; they will not require more than 5 minutes. Turn, but broil longest on the upper side. Have some butter softened; baste the mushrooms with this. Dish them around the beefsteak. Pour more butter over them; sprinkle with salt and pepper and serve.

BRAISED BEEFSTEAK WITH BROWN GRAVY.

BIFTEK BRAISÉ AUX HUÎTRES.

4½ lbs. of round steak,	1½ oz. of flour,
2 gills of oysters,	3 oz. of butter,
2 " " water,	1 teaspoon of pepper,
1 gill of wine,	3 teaspoons of salt,
2 blades of mace,	½ teaspoon of summer savory,
3 cloves, 4 allspice,	1 onion, grated.

The beef must be in one solid piece. The "horseshoe" or "cross-rib" both being good for this purpose. Mix the salt, pepper, and summer savory with the onion; rub the beef well

with it on both sides; lay it in the kettle with the water, wine, spices and 1 oz. of the butter rubbed with half an oz. of flour. Cover closely and simmer gently until the beef is tender, which will take from 2 to 3 hours, or, if the beef is tough, possibly a little more. It must be cooked *very* slowly. When tender, heat the frying-pan very hot, melt in it a little piece of the butter; lay the beef in the butter, turn once, frying until the outside is browned. Be careful not to harden it. Then fry the oysters in the same pan. Lay the beef on a platter with the oysters. Strain the gravy into the frying-pan (there should be about 1 pint); rub the rest of the flour smooth with a few drops of cold water; stir it into the boiling gravy, and boil for 5 minutes; longer if not quite thick enough. Pour over the beef and serve.

BEEFSTEAK PUDDING OR POT-PIE.

Beefsteak from the round,
Butter and flour,
1 teaspoon of mushroom catsup,
Salt and pepper,
6 onions, parboiled,
½ gill of water.

The steak selected should be pounded almost to a pulp, then pressed back into a proper thickness and cut in pieces 2 by 5 inches. Season with salt and pepper. Butter a tin mould that will hold 1 quart; or use a china bowl if preferred. Make a good meat-pie paste (see receipts for Suet, Potato or Good Plain Paste). Line the mould, letting the paste lap over the edge. Dredge the beef with flour, and lay it in the mould with the small onions parboiled, the catsup and water. Wet the edges of the paste; place a cover of paste over; press the edges together closely, and tie the mould in a clean cloth. Have ready on the fire a pot of boiling water. Place the mould in it, top uppermost, and boil for 4 hours. When cooked, turn it out and serve. A crust may be made by mixing baking-powder with flour in the proportions of 1 teaspoonful of powder to 1 cup of flour; allow ½ a pound of mixed lard and butter to 1 pound of the flour. Crumb the butter, lard and flour together; add enough cold water to make the paste just soft enough to roll out. If

this crust is not rich enough, add a larger proportion of shortening. Always sift the baking-powder with the flour, before mixing the flour with the shortening. Roll the under-crust about ⅓ an inch thick, the top crust 1 inch, or nearly. It will swell of course; but for this sort of pie it is well to have the crust thick.

The same receipt may be used for Chicken Pot-pie or Veal Pot-pie, using a little ham with either, adding a pinch of thyme to the seasoning.

BEEFSTEAK SMOTHERED IN ONIONS NO I.

Beefsteak, porter-house or round,
6 onions, cut fine,
2 oz. of butter,
Pinch of flour,
1 pint of water,
1 teaspoon of salt,
½ teaspoon of pepper.

Stew the onions in a saucepan with the water, butter, and seasonings; dredge in a little flour, and stir it through the onions. When the onions are very tender, lay in the saucepan a well-broiled beefsteak, and stew together for 10 minutes. If round-steak is used, beat it almost to a pulp with the rolling-pin; cut off the skin, and, when beaten, press back into shape and into a proper thickness before broiling. Do not on any consideration *fry* the steak. When finished, dish the steak and cover it all over with the onions. The onions will require nearly an hour of very gentle stewing to cook them tender.

BEEFSTEAK AND ONIONS NO. II.

BIFTEK AUX OGNONS.

2½ lbs. of round steak,
Butter or sweet drippings,
2 teaspoons of vinegar,
6 or 8 onions, sliced,
Flour,
Pepper, and salt.

Have the steak cut from the upper side of the round, 1½ to 2 inches thick. Heat an iron pot very hot indeed; put in a tablespoonful of butter or drippings, and when hot lay in the steak. In 3 or 4 minutes turn the steak on the other side and sear it for about the same time. Meanwhile put 1 tablespoonful of butter or drippings into a frying-pan with

the onions cut in slices; dredge over with flour, and fry until slightly browned. Turn them into the pot with the beef; add salt and pepper and enough boiling water to half cover the beef. Cover the pot. Bring to a boil briskly, then set back where it will only simmer *very* gently for 1½ to 2 hours. Or, you can cover the pot very closely and set it in the oven for the same length of time, turning the meat once. If the fire is not too strong the beef will be very tender cooked in this way. A little boiling water may be added if the gravy evaporates too fast. Dish the beefsteak with the onions covering it completely. There should be quite a good quantity of gravy when it is cooked. Pour this over also. N. B.—This is a Beefsteak and Onions so delicate and inoffensive that very few can fail to like it, where the first receipt might be found too rich.

SCOTCH ROLL.

5 lbs. flank of beef,	1 tablespoon of sugar,
½ teaspoon of pepper,	3 tablespoons of salt,
⅓ " " ground cloves,	3 " " vinegar,
Pepper and salt to taste,	1 teaspoon powdered summer savory.

Remove the tough skin from the flank; even it off in thickness and shape with a sharp knife. Sprinkle the spices, etc., over it. Roll up and tie well with a tape or strips of muslin. Set aside 12 hours. Then put into a stew-pan; cover with water and simmer 3½ hours. Thicken the gravy with flour and boil ½ an hour longer; 4 hours in all. Should you prefer to use corn-starch instead of flour to thicken the gravy, add it 3 minutes before removing from the fire. This is especially good eaten cold.

HAMBURG STEAKS.

Take 1 pound of steak from the upper round; hackle or chop it very fine. Add to it 1 tablespoonful of onion-juice or grated onion, ½ a teaspoonful of salt and some pepper; mix well. Wet the hands with cold water, and form the meat into balls of about 2 tablespoonfuls each. This will make about 8. Put 2 tablespoonfuls of butter into a frying-pan; when it is very hot, put in the steaks; in one or two minutes turn them

over. Brown equally on both sides. In about 6 minutes remove them to a hot dish; put one tablespoonful of flour into the pan; mix it smooth with the butter that remains after cooking the steaks; add ½ a pint of boiling water, stir until it boils; add salt and pepper; boil 3 minutes; pour over the steaks and serve.

BEEF MARINÉ.

BŒUF MARINÉ.

4 lbs. of beef, from round or shoulder,
4 tablespoons of olive oil,
1 tablespoon of vinegar,
½ teaspoon of ground cloves,
¼ " " " mace,
2 bay-leaves,
1 onion,
Juice of one lemon,
Cayenne,
1 teaspoon of ground allspice
½ teaspoon of salt.

Mix the spices, salt, and pepper; with this rub both sides of the beef; mix together the oil, vinegar, lemon-juice, and melted butter; pour this over the meat in an earthen dish. Let stand 24 hours in summer; longer if you choose, say 3 days, in winter, turning, in the former case once, in the latter once each day, and keep in a cold place. Then put it, with all the juices and spices, into a stewpan; add the bay-leaves, 1 tablespoonful more of vinegar, a pinch of sugar, and 1 clove of garlic. Half cover with boiling water. Fry the onions brown in butter; add them to the beef. Then mix together until brown, 1 tablespoonful of butter and 1 of flour; blend with a little boiling water and add also to the beef, stirring it in. Cover closely and set in the oven for about 2 hours, turning the beef once when half-cooked. When ready, remove the beef to a hot dish; set the pan on the top of the range. If the gravy has cooked away too much, add a little boiling water; stir it around; boil for a few minutes, then strain through a fine strainer; put a little over the meat and serve the rest in a sauce-boat.

The "brisket" and "plate-piece" are both best when cooked in this way. The latter is most frequently corned, in which case boil it. It must be uncorned to cook as above directed. If either of these cuts is used the gravy must be carefully skimmed. Allow 25 to 30 minutes per pound.

BEEF ROULETTE.

BŒUF EN ROULETTE.

2 lbs. upper round, cut thin,
2 tablespoons of flour,
1½ pints boiling water,
¼ teaspoon of pepper,
2 chopped onions,
Butter,
2 cloves,
1 cup of tomatoes.

Mix for dressing:

1 cup of chopped ham,
1 teaspoon of mixed mustard,
Sufficient stock or water to make a paste.
2 eggs,
1 gill of stale bread-crumbs,
Cayenne, salt.

Spread the dressing on the thin slices of beef. Roll up and tie with tape or strips of muslin firmly but not too tightly. Roll in flour. Fry to a good color in fat of pork or ham, drippings or butter. Put into a saucepan. Fry the chopped onions in butter till yellow. Add the flour. Stir 5 minutes; add the boiling water. Stir. Pour over the meat. Add the other seasonings. Simmer gently for 3 hours. Keep covered. When half done, turn over. Dish; strain the gravy over and serve.

BEEF ROLL.

ROULEAU DE BŒUF.

Make a rich biscuit-crust; roll out half an inch thick; spread thickly with dressing for Beef Roulette, (see receipt) to which add an equal bulk of minced cold beef; roll up; put into a long loaf-pan with the lap uppermost and bake about 30 minutes. When nearly done, draw it to the mouth of the oven; brush over with egg; return to the oven until nicely browned, and serve with Brown Sauce. Excellent.

OX-TAILS À LA TARTARE.

QUEUES DE BŒUF À LA TARTARE.

Cut the tails in 4 inch lengths. Boil. When done, remove from the fire. When cold, dip in egg and bread-crumbs and fry golden brown. See General Directions for Frying. Serve with Tartare Sauce (see receipt).

BEEF STEW WITH OKRA.

RAGOÛT DE BŒUF AU GUMBO.

3 lbs. of lean beef,
1 quart of tomatoes, peeled and sliced,
6 ears of corn, cut and scraped from cob,
3 onions, cut fine,
Salt and pepper,
2 oz. of butter,
1½ pints of okra, cut not too small.

Leavé the beef in one solid piece. It should be a chunky cut from the cross-rib, horseshoe or sirloin-butt. Place it over a moderate fire in a pot with water enough to cover the meat. Add the tomatoes, okra, onions, corn; season with salt and pepper. Add butter and stew very gently for 3 or 4 hours, until the meat is perfectly tender and the vegetables have become a thick purée. Dish the beef in the centre and vegetables around. N. B.—A good summer dish.

SMOKED BEEF WITH CREAM, FOR BREAKFAST.

1 lb. of smoked beef, cut thin,
1½ gills of cream,
1 teaspoon of chopped parsley,
Pepper.

Put the beef into a saucepan with cold water; let it heat slowly. When it comes to a boil drain off the water. This takes away a good deal of the salt, which is sometimes excessive. Add the cream; or use instead the same quantity of Cream or White Sauce (see receipts). Season with pepper; add a very little salt if required. Simmer 10 minutes very gently, and serve on slices of toast.

KIDNEYS STEWED.

ROGNONS DE BŒUF SAUTÉS.

1 pair of kidneys,
½ pint of stock,
Salt and pepper,
1 tablespoon of Worcestershire sauce,
1 tablespoon of butter,
1 " " flour,
1 " " mushroom catsup,
4 " " sherry,
1 tablespoon of chopped parsley.

Be sure, first of all, that the kidneys are perfectly fresh. Split them in half; take out the white fat and the sinew from the centre. Put them into a stewpan; cover with cold water and set on a moderate fire until the water almost

boils. Drain this water off; cut into small pieces; cover again with cold water and heat again. Do this three times in all, being careful that the water never really boils, or the kidneys will harden. Meanwhile put 1 tablespoonful of butter and 1 of flour into a frying-pan and stir until brown; then stir in gradually the boiling stock or water. Blend and stir with a wooden spoon until it has boiled 3 minutes. Add Worcestershire sauce, catsup, salt and pepper, and the kidney. Stir again until the kidney is thoroughly heated; remove from the fire; stir in the sherry and serve with chopped parsley sprinkled over the top. N. B.—Take note that the kidneys are not allowed at any time to *boil*, being very much like eggs in the fact that the more they cook the harder they become.

BEEF'S LIVER.

May be prepared according to any of the receipts given for calf's liver, if it is directed to be used in slices. Before cooking it, however, pour boiling water over the slices; allow them to stand for 5 minutes; then wipe dry and cook.

KIDNEYS À LA TERRAPIN.

ROGNONS À LA TERRAPIN.

1 kidney,	1 tablespoon of butter,
1 egg,	1 " " flour,
½ pint of new milk,	1 " " chopped parsley,
Salt and pepper,	2 tablespoons of sherry.

Prepare the kidney as for stewing. When scalded 3 times make the following sauce: Stir together the flour and butter in a saucepan over the fire, but do not brown; blend with the boiling milk; stir and boil 3 minutes. Cut the kidney in small slices or pieces; add salt and pepper; stir until the kidney is thoroughly heated; remove from the fire; add the yolk of 1 egg, the sherry and parsley; serve immediately.

BRAISED TONGUE.

LANGUE DE BŒUF BRAISÉE.

1 fresh tongue, boiled 2 hours,
1 quart of liquor, in which the tongue was boiled,
Bunch of sweet herbs,
Small stick of cinnamon,
2 onions, cut fine,
1 turnip, " "
Butter,
Flour,
1 clove,
Salt,
Pepper,
Juice of 1 lemon,
1 carrot, cut fine.

When the tongue has been boiled as above and trimmed, fasten the tip around against the thick part (as you would roll a rib-roast), tying or skewering firmly. Fry the vegetables until brown in butter. Remove from the pan and set aside. Flour the tongue all over and put into the hot pan with the butter. Turn it on all sides until browned slightly. Put the tongue and all the other ingredients, except the lemon-juice, into a pot which will fit in the oven. Close the lid as tightly as possible to keep in the steam. Place the pot in the oven. After 1½ hours open the pot, turn the tongue and add the lemon-juice. Close as before and leave ½ an hour longer in the oven. Now put the tongue on a hot dish and set it over hot water while you boil down the gravy for 20 or 30 minutes, until of a good strength. If it is not quite thick enough, mix a heaping teaspoonful of corn-starch with a little cold water, stir it into the boiling gravy and boil 2 or 3 minutes. Strain some of the gravy over the tongue; serve the rest in a sauce-boat.

TO BOIL A SMOKED TONGUE.

LANGUE DE BŒUF FUMÉE.

Soak the tongue overnight in cold water. Next morning scrape and clean it thoroughly. Put it on the fire well-covered with cold water. Boil very gently until the small bones in the root can be easily pulled out—about 4 hours. Then lift off the pot and set it away until the water is cold; then take out the tongue, trim off the coarse unsightly parts, skin

and serve. Keep some of the water in which it has been boiled, and when it is put away cold, let it be covered with this, and it will retain its freshness and succulence. Or, wrap it in a coarse, clean cloth, and put it in the ice-box.

JELLIED TONGUE.

LANGUE DE BŒUF EN GELÉE.

Tongue, Consommé or Broth, Gelatine (Cox), Wine and spices.

Having cleared the Consommé (see receipt), boil it down with a few spices until strong and well-flavored. If it is strong consommé, made with veal, or chicken and beef, it may jelly firmly enough when cold. If, however, you use Broth, dissolve the gelatine in cold water for 1 hour, allowing 1 box of Cox's gelatine to 3 pints of liquid. Pour the boiling broth over the gelatine; stir a few minutes over the fire until thoroughly dissolved. Strain. Add wine to taste. It should measure at this stage 3 pints for 1 box of gelatine. Have ready a mould with the cold boiled tongue, either whole or neatly sliced; pour the jelly over and set away to harden. Turn out and garnish with parsley and lemon.

FRESH TONGUE BRAISED WITH PURÉE OF POTATOES.

LANGUE DE BŒUF BRAISÉE; PURÉE DE POMMES DE TERRE.

Prepare according to receipt for Braised Tongue. Make a soft purée of potatoes with plenty of butter or rich cream. Lay a thick bed of this on a round platter and place the tongue upon it. Serve with the sauce in a boat.

BRAISED TONGUE WITH SAUCE TARTARE.

LANGUE DE BŒUF BRAISÉE, SAUCE TARTARE.

Braise the tongue as directed, and serve with Sauce Tartare (see receipt).

BRAISED TONGUE WITH PURÉE OF SPINACH.

LANGUE DE BŒUF BRAISÉE, PURÉE D'ÉPINARDS.

Braise the tongue as directed. Serve on a Purée of Spinach (see receipt).

BRAISED TONGUE WITH TOMATO SAUCE.

LANGUE DE BŒUF BRAISÉE, SAUCE TOMATE.

Braise the tongue as directed. Serve with a rich Tomato Sauce (see receipt).

BRAISED TONGUE WITH SAUCE PIQUANTE.

LANGUE DE BŒUF BRAISÉE, SAUCE PIQUANTE.

Braise the tongue as directed. Serve with Sauce Piquante (see receipt).

BOSTON BROWN HASH FOR BREAKFAST.

Chop any remnants of steak, roast, or stew very fine. Put a layer of mashed potatoes in the bottom of a deep buttered dish; then a layer of the meat, then a layer of stale bread-crumbs. Sprinkle with salt and pepper; dot the top with bits of butter; moisten with ½ a cupful of gravy; cover with another layer of potatoes. Smooth the top with a knife dipped in milk. Bake in a moderate oven 30 minutes until well-browned. Serve hot.

HASH BAKED IN A MOULD.

Prepare the meat as for Corn-Beef Hash. Butter a quart mould; pack the hash in it and bake 1 hour in the oven. Turn it out and serve.

CORN-BEEF.

The most popular cut for this is the rump, a three-cornered piece with sweet fat, but at least one third bone. The best and most profitable, as well as the most delicate, cut, is

that from the lower round; a long, narrow piece perfectly free from bone, and much more sightly. It costs a little more per pound, but it is quite worth the difference. The plate and navel pieces are also excellent in their own way, but should be eaten cold, not hot.

Put the corn-beef down to boil in a large pot of cold water. Let it be well covered. Bring it gradually to a boil. When well started, set aside to cook very gently—simmer, not boil. Allow 20 to 25 minutes to the pound, counting from the time when the water begins to boil. Calculate the time, and when it is within 2 hours of being cooked, add 2 or 3 turnips, carrots, celery leaves, 1 or 2 onions, or 1 clove of garlic. Finish the cooking. Dish with the vegetables around. Keep the water in which the beef has boiled. When it is ready to be set away, return it to the pot of broth; cover and set away to cool. The difference made by this system is incredible, the beef being deliciously tender when served cold. If not too salt, use the broth as soup with a purée of potatoes, beans, or peas, etc. Serve the beef, if liked, with cabbage, but never boil the cabbage with the beef, as it renders both very indigestible. To be good, corn-beef should be boiled until as tender as chicken. The secret of this is, to cook it *slowly* and long.

CORN-BEEF HASH.

Chop the meat fine, rejecting all hard gristle. Add half the bulk of potatoes chopped not too fine. (N. B. The potatoes for this should always be boiled with their skins on and not allowed to be peeled until they are cold.) Put into a saucepan a lump of butter as large as an egg, for a moderate amount of hash. Add a few spoonfuls of boiling water; when bubbling, put in the meat and potatoes mixed, very little salt and plenty of pepper. Let it heat; stir now and again, but be careful not to mash the potatoes. Then let it stand still 10 or 15 minutes until it forms a crust at the bottom. Form it into a neat loaf shape. Do not let it get too dry. Loosen it from the pan with a cake turner; turn a

warm platter over it; turn pan and dish together quickly and serve. Only put toast under if the hash is scant in quantity or not browned. A half onion grated is esteemed by some a valuable addition; if used, see that it *is grated* and not chopped, as the common practice is; and a mistaken one it is too, for the onion, of course, remains quite raw. A few tablespoonfuls of stewed tomatoes and a few celery and parsley leaves chopped very fine make a delicious addition to the above. Recommended.

Chicken Hash may be prepared as above, without browning; also Turkey Hash.

CORN-BEEF CROQUETTES.

1¼ lbs. of mashed potatoes,
1½ oz. of butter,
½ gill of cream,
Pinch of grated nutmeg,
2 eggs,
10 oz. of beef, chopped fine,
4 oz. of stale bread or cracker,
1 tablespoon of chopped parsley.
Salt and pepper,
Cup of lard.

Pass the potato through a colander. When the beef is chopped very fine, add the butter to the hot potato, then the cream, 1 egg, salt, pepper, and nutmeg. Beat thoroughly together. Now mix the beef (without gristle) with the rest; make it into rolls 1 × 2 inches long. (Be sure the surface is smooth.) Place them on a floured tin and let them stand in the ice-box while you beat the other egg and prepare the bread- or cracker-crumbs, sifting the latter. Roll the croquettes first in the egg, then in bread-crumbs, and let them stand 1 or 2 hours, if you have time. Bring the lard to a boil. It should be 2 inches deep in the pan. Lay the croquettes in the frying-basket, and when you are sure the lard is boiling, plunge them in. (See General Directions for Frying.) Fry golden brown. Drain dry. Serve with parsley and lemon, on a folded napkin. Excellent.

MUTTON AND LAMB.

GENERAL REMARKS ON MUTTON.

The great point of having mutton sufficiently mature before cooking becomes quite a perplexing question in summer, when the meat is liable to spoil before it has been hung long enough to become tender. If you are in the country, the following simple and most effective mode of treatment may be possible for you to practise. It has been followed, within my own experience, very frequently, and with perfectly satisfactory results.

The day before you wish to use the piece of mutton, be it leg or saddle, have a hole dug in the garden, wrap your mutton in a clean, white cloth, lay it deep down in the hole, cover the earth tightly over it and leave it until next morning. Then dig it out, set it in a cool place where it can not spoil, and cook it for dinner. If a leg, it will be further improved by being very thoroughly beaten with the rolling-pin on all sides. It is quite remarkable how the burying process will shorten the fibre of the meat and produce the same results as are obtained by hanging for days at a cooler season of the year.

NOTE.—Never attempt to keep mutton without cooking after it has been beaten.

The directions given for the time in cooking mutton (see Time-Table) are based upon the consideration that, being a dark meat, it should always be served underdone. Those who prefer it cooked brown all through should allow 12 or

15 minutes to the pound instead of 10 in roasting, also in boiling and broiling.

ROAST LEG OF MUTTON.

GIGOT DE MOUTON RÔTI.

Select a large leg of Canada mutton. Let it hang, according to the weather, as long as it will keep sweet. In winter, with care and favorable weather, it can sometimes hang 6 weeks and be all the better for it; of course the same is not the case in summer (see General Remarks on Mutton). A good leg should weigh at least 10 pounds cut close—that is, without any of the loin attached. Having hung it as long as possible, lay it on a board, and with the rolling-pin, beat the entire leg all over until it feels very tender under pressure. Let the blows be very heavy and do not spare them. This is the French method, and when you have once tried it, (especially upon a leg of whose tenderness you have entertained doubts), you will be amazed that it is not made a general practice. Have your oven *very* hot. Put the leg into a baking-pan with the knuckle turned up a little; skewer it in place if necessary. Rub it all over with flour; introduce a clove of garlic into the hock-end near the bone, if liked; put dots of drippings or butter on the top, and a large lump in the pan. Put it into the oven for about 20 minutes, or until it begins to brown nicely; at the end of this time, if the meat is sufficiently brown, turn off the excessive heat, but do not cool the oven too much. If in danger of browning too much, cover it with an inverted pan. Baste very frequently. After the first half hour, you may add a very little boiling water, not more than 1 gill, to the pan. If it steams away, add again more, but very little at a time. Allow 10 minutes per lb., which would make the leg of 10 lbs. sufficiently cooked in 1 hour and 40 minutes. It should be underdone when served. Remove the meat from the pan to a hot dish; place the pan on the top of the range; add a very little boiling water; stir it around to detach

the particles and juices; skim and strain into a boat. Garnish the dish with parsley, and put a frill of cut paper on the bone.

As an excellent addition to the above, peel and boil 1 dozen small turnips until almost tender; cut them in halves and lay them in the pan with the roasting mutton 30 or 40 minutes before this latter should be served. When you dish the mutton, put a circle of these browned turnips around it, and serve with the gravy as above. Avoid thickening the gravies of roasted meats; this is a common and shocking practice in our country. The ordinary cook thickens them with a bitter preparation of burnt flour, which utterly destroys the true flavor of the meat. There can be nothing more wholesome or better, surely, than the juice of the meat itself, especially that which runs from it in carving.

N. B.—Never pierce your roasted meat with a fork before it is cut at the table. You can ascertain quite sufficiently by pressure if the meat is cooked, without piercing it and thus allowing it to bleed. If well cooked and handled, the juice should almost spout from a leg of mutton, when carved, be it roasted or boiled.

ROAST SADDLE OF MUTTON.

SELLE DE MOUTON RÔTIE.

Having selected the saddle very carefully and hung or buried it (see General Remarks on Mutton) until perfect, wipe it clean; put it in a roasting-pan with 4 tablespoonfuls of boiling water. Dredge the top with flour, dot with sweet drippings, and bake in a very quick oven, allowing about 9 minutes to the pound, as the saddle is considered properly cooked only when very underdone. Baste frequently. Garnish the tail with a frill of cut paper; put slices of lemon and parsley around and serve very hot, with the pan-gravy skimmed in the sauce-boat. Serve currant jelly at the same time.

NOTE.—The plates on which the mutton is served should be *very* hot.

ROAST LOIN OF MUTTON.

FILET DE MOUTON RÔTI.

Follow exactly the directions for Roast Saddle of Mutton, allowing 8 minutes to the pound for a small loin.

BOILED LEG OF MUTTON.

GIGOT DE MOUTON BOUILLI, SAUCE AUX CÂPRES.

Leg of mutton,	1 bay-leaf,
Sprig of thyme,	Salt and pepper.

Have ready a clean cloth in which roll the leg of mutton with the seasonings. Have a pot on the fire with boiling water sufficient to cover the meat. Be sure the water is boiling. Put in the leg, and keep on a steady but gentle boil until done, allowing 15 minutes to every pound of meat, calculating from the time the water comes again to a boil. Do not let it "rack" at any time. When done, remove the cloth and serve with Caper Sauce (see receipt), or with a Purée of Turnips (see receipt).

N. B.—If the meat appears tough before cooking, beat it smartly for a few minutes with a rolling-pin.

BRAISED LEG OF MUTTON.

GIGOT BRAISÉ AUX NAVETS.

Having beaten it well, proceed as directed in receipt for Plain Braise, if you wish to insure making a tough leg good eating, and have it appear as though it had been roasted; or, proceed as directed in receipt for Beef à la Mode, omitting the larding; in this case the bone should be removed and the space thus left filled with force-meat or dressing. If the latter, serve with turnips peeled, parboiled, and finished for at least 1 hour with the mutton; this is highly recommended.

BREAST OF MUTTON AU GRATIN.

POITRINE DE MOUTON AU GRATIN.

Breast of mutton,
1 onion,
1 egg,
Pepper, salt,
Parsley and sweet herbs,
Bread-crumbs,
Butter,
Cayenne.

Boil the breast of mutton slowly until you can draw out the bones easily. This will take 1½ to 2 hours, according to the age of the mutton. Remove it from the fire; take out all the bones, without breaking the meat in pieces. Lay it between 2 dishes under a weight overnight. Next day, stand it in the oven until warm; score the top and rub in a mixture made of 1 egg, chopped parsley, grated onion, powdered herbs, salt, pepper, and a pinch of cayenne. Over all, sift fine bread-crumbs; put dots of butter over the crumbs and set in the oven until well-browned, or from 20 to 30 minutes, if the oven is not too hot. Serve with Sauce Poivrade (see receipt), or with Mushroom Sauce.

N. B.—If you will put 2 carrots, 1 turnip, 2 or 3 onions, all cut in pieces, and other seasonings in the pot when you boil the mutton first, you will have an excellent soup, if it is allowed to boil down sufficiently. Add a little rice or barley to the soup when you remove the mutton.

BROILED MUTTON CHOPS.

CÔTELETTES DE MOUTON GRILLÉES.

Use the breast chops for daintiness and appearance; or the loin chops for sweetness and solidity; the former "frenched," the latter trimmed neatly and the tails cut off. The loin chops should be cut 1 inch thick; the French chops rather thinner. Beat them with a few heavy, firm strokes of the rolling-pin. Have the gridiron heated very hot. Broil *under* a bright, clear fire. Grease the gridiron. Lay the chops upon it, and in a few seconds turn them, that they may become instantly seared and preserve their juices.

Continue to turn frequently, never allowing one side to remain longer than the other exposed to the fire. This is the secret of broiling well: a clear, scorching fire, and constant attention, turning very frequently. As soon as the meat feels at all firm under the pressure of the fork (do not pierce it) the chops are cooked. Butter them thickly and sprinkle with pepper and salt. If French chops, put frilled papers on the handles and dish in a circle, one overlapping the other, with a purée of some kind in the centre. Loin chops are preferred for breakfast; the smaller French chops for dinner.

MUTTON CUTLETS.

These are slices cut from the thick part of the leg, and are most excellent. Beat as described above; remove the outer skin and broil as directed for mutton chops. Serve with a purée of spinach as a garnish. Lamb cutlets are also excellent with fresh peas.

BREADED MUTTON CHOPS.

CÔTELETTES DE MOUTON PANÉES.

For this purpose use only the rib-chops. Have them "frenched"—that is, the handles cleaned and eyes trimmed. Beat with a few vigorous strokes of the rolling-pin. Dip them on all sides in melted butter. Sprinkle with pepper and salt, and dip in fine bread-crumbs. Let them stand an hour, if possible, in the ice-box to dry. Bring some lard to a boil. It should be deep enough to cover the chops. Lay them in and fry until golden brown and moderately firm under pressure, turning once. They should require about 6 or 8 minutes to cook, being served underdone.

Or, sear the chops in a hot pan with a little butter—that is, lay them first one side then the other for about two minutes each; when cold, dip in egg, then in fine bread-crumbs, and after letting them stand about 1 hour, fry them until golden brown in boiling hot lard. Test the lard, and be certain it is

hot enough, or the chops will be greasy and not a success. Have ready frills for the handles; slip these on; dish in a circle, overlapping each other; put fresh green peas in the centre and parsley around. Serve.

MUTTON CHOPS EN PAPILLOTE.

CÔTELETTES DE MOUTON EN PAPILLOTES.

½ lb. sausage meat,
1 onion, chopped,
6 loin chops,
Salt,
1 yolk of egg,
2 tablespoons of butter,
1 teaspoon of chopped parsley,
Pepper.

Melt half of the butter in the frying-pan; when hot, sear the chops quickly on both sides. Take them out. Sprinkle with salt and pepper. Put the remainder of the butter, onion, and sausage into the pan. Stir for 15 minutes. Remove from the fire, and stir in the yolk of egg and parsley. Have ready 6 pieces of white paper, cut into the shape of a heart, large enough to hold 1 chop each. Put 1 tablespoonful of the force-meat on one side of the paper; lay the chop on this; lay another tablespoonful of the mixture upon the chop, and fold the other half of the paper over this. The edges should then be folded together neatly and tightly, one over the other. Place them in a roasting-pan in the oven for 15 minutes. Serve in the papers, with a Béchamel Sauce (see receipt).

N. B.—The folding should be done very neatly and evenly; the papillotes must all look exactly alike. Serve the sauce in a boat.

Chops of any kind may be treated in the same way.

BROWNED MUTTON CURRY.

1 pint of finely chopped cold mutton,
1 tablespoon of butter,
1 " " flour,
1 " " curry-powder,
1 gill of rice,
1 egg,
2 quarts of boiling water,
Salt to taste.

Wash the rice. Put it into the boiling water and boil for

25 minutes. Drain in a colander. Put the butter into a frying-pan with the flour; stir smooth, then add by degrees 2 gills of boiling water; stir smooth again. When boiling, add the meat, curry, and salt. Stir for 10 minutes. Heap the mixture in the centre of a fire-proof flat dish; make a border of the rice around the meat, brush all over with beaten egg, and place in the oven until browned, from 5 to 10 minutes.

BRAISED MUTTON CHOPS.

CÔTELETTES DE MOUTON À LA JARDINIÈRE.

8 mutton chops,
Butter, broth,
Pepper,
Salt,
1 turnip, cut fine,
1 onion or leek, cut fine,
1 stick of celery, " "
1 carrot, cut fine.

If you have chops of whose tenderness you have doubts, this receipt is most useful and excellent. Use breast chops. They should be "frenched," as the butchers say—that is, the bone stripped clean. Pound the chops with a heavy knife on both sides. Have the vegetables ready, fried in butter till slightly brown, and then simmered until half done with a few tablespoonfuls of boiling water added to the pan, about 15 minutes. Take a saucepan (or bake-pan is better) which you can cover air-tight. Lay the vegetables in the bottom. Sear the chops in the hot frying-pan only just long enough to slightly brown one side, then the other. Lay them on the bed of vegetables, and add just enough broth to cover them. Put the pan in the oven, tightly covered, for 30 minutes. Dish them in the centre of the dish in a circle with the vegetables around. Put the pan on the top of the range; boil down the gravy rapidly for a few moments; strain it over the chops, and serve. If desired, the sauce may be thickened with a pinch of corn-starch, blended with a few drops of cold water. Boil 3 minutes, stirring constantly, and strain as above. Recommended.

MUTTON CROQUETTES.

CROQUETTES DE MOUTON.

Proceed exactly as for Corn-beef Croquettes (see receipt). Or, as follows:

2 gills of mutton, chopped fine,
2 " of macaroni, chopped,
2 " of boiling milk,
Salt and pepper,
2 tablespoons of flour,
1 tablespoon of butter,
Curry-powder to taste,
1 tablespoon of chopped parsley.

Make a sauce of the boiling milk, blended with the flour and butter. Stir, and let it boil until very thick. Add the curry, rubbed smooth. Have ready the mutton, etc. Do not chop the macaroni too fine. Mix all together, seasoning to taste. Set away to cool. Then roll as directed for Chicken Croquettes (see receipt), and fry in boiling lard (see General Directions for Frying). Rice may be substituted for macaroni, if preferred. Excellent.

CURRIED MUTTON.

MOUTON AU KARI.

Boil a shoulder of mutton whole until tender, adding to the water various seasonings, carrot, onion, etc. When perfectly tender (the length of cooking being dependent upon the age of the mutton), cut it into 2-inch dice. Rub together 2 tablespoonfuls each of flour and butter; add to these 1 pint of the boiling broth in which the mutton was cooked. Stir. Boil 2 minutes. Add about 1 teaspoonful of curry-powder rubbed smooth with a little of the sauce, salt, and pepper. Put the meat into the sauce and simmer gently 15 minutes. Make a Rice Border (see receipt); dish the mutton curry in the centre; sprinkle chopped parsley over the top, and serve. A little lemon-juice may be added to the sauce, if liked. (Mashed potato may be substituted for the rice.) Excellent. The broth in which the mutton has boiled will make good soup, with the addition of a little rice or barley.

IRISH STEW.

HARICOT DE MOUTON.

2 lbs. of shoulder or scrag of mutton,	1½ pints of cold water,
2 " of potatoes, cut in quarters,	2 sliced onions,
2 sticks of celery or fresh celery leaves,	2 " carrots,
Bunch of parsley,	2 " turnips,
Salt,	Pepper.

Choose by preference the shoulder, which you can cut in pieces 3 inches square, being careful that the butcher does not splinter the bones. The next best is the "rack," with the meat cut in pieces at the joints. Put all together into an iron pot and stew very gently for about 2 hours. The really well-made Irish Stew is excellent, and for this the potatoes must be cooked until they begin to dissolve and thicken the gravy. When done, dish it very carefully, as otherwise its appearance is unappetizing. Put the meat in the centre, the thick part of the vegetables around, and the sauce over all. If desired, Dumplings may be made (see receipts) and added to the boiling gravy when the meat has been removed. Cover and boil 12 minutes. Be careful that the gravy does not scorch, as it does easily under these circumstances.

TURCSICUS (OLD-FASHIONED RECEIPT).

2 quarts of minced lean mutton,	Water in which the mutton was boiled,
3 " of boiling water,	1 cup of rice,
White cabbage leaves,	¼ lb. of butter,

Salt and pepper to taste.

Parboil the mutton before mincing it, and save the broth. Wash the rice and soak it a few minutes. Put it into a saucepan with 3 quarts of boiling water; boil 15 minutes, until the rice is rather tender but not quite cooked; drain it perfectly dry and set it away to cool. When the mutton is chopped very fine, mix it with about an equal bulk of the rice; season with salt and pepper and add the butter. Mix. Separate the leaves of a white cabbage; put some of the minced meat into each leaf; tie it in shape like an apple-

dumpling, folding the leaf so that the stuffing will not come out. Tie it securely. Bring the mutton-broth to a boil. Tie the "Turcsicus Dumplings" in a piece of cheese-cloth or muslin, and boil gently for 30 minutes. Handle very carefully when removing from the fire. Untie the cloth, remove the tapes or strings, and serve with melted butter in the sauce-boat. The receipt adds "eat and be thankful."

MUTTON AND MACARONI BROWNED.

MOUTON AU MACARONI.

2 oz. of macaroni,
¾ lb. of cold mutton,
1½ oz. of butter,
1 gill of milk,
1 teaspoon of curry-powder,
Salt to taste,
2 eggs.

Boil the macaroni in salted boiling water until just tender (about 20 minutes). Drain and set away to cool. Chop the cold meat; mix with it 1 ounce of butter, the curry, salt, 1 beaten egg, and the milk. Cut the macaroni into ½-inch bits and mix lightly with the mutton. Butter a pie-plate or sheet of tin and form the mixture into a neat, oval mass in the centre; spread ½ an ounce of butter over it and put it into the oven. When heated, cover it with a beaten egg seasoned with a pinch of salt and 2 of curry. Scatter crumbs over the top and set it in the oven till brown, 5 to 10 minutes. Remove carefully to a dish; garnish with parsley. Serve. This dish may be more highly seasoned if liked.

MUTTON ROLL.

Proceed exactly as for Beef Roll (see receipt). Serve with Brown Sauce. Recommended.

SHEPHERD'S PIE.

1 lb. of cold mutton,
1 large teaspoon of butter,
1 gill of stock or water,
Salt,
Pepper,
1 pint of cold boiled potatoes.

Cut the mutton and potatoes into 1-inch dice; put them

into a deep dish; add the stock, pepper, salt, and the butter cut into bits.

CRUST.

4 medium-sized potatoes,	¼ cup of cream,
1 large teaspoon of butter,	Salt,
Flour.	Pepper.

Pare and boil the potatoes; mash them and add the cream, butter, salt, and pepper, and beat very light. Now add enough flour to make a soft dough, about 1 cupful. Roll it into a thick sheet. With this cover the top of the dish of meat; make an x hole in the centre for the steam to escape; bake in a moderate oven for 1 hour and serve in the dish in which it was baked. Boiled rice may be substituted for mashed potato, using the same quantity. The addition to the pie of ½ an onion grated is a further improvement.

SHEEP'S KIDNEYS EN BROCHETTE.

ROGNONS EN BROCHETTE.

6 kidneys, ¼ lb. of bacon, sliced thin,
1 tablespoon of butter.

Cut each kidney through the centre, removing veins and muscle; wash in cold water. Cover with boiling water; let stand 5 minutes; then wipe dry. Take a plated or silver skewer if you have it, otherwise an ordinary one. Run a slice of bacon on this, then a kidney, and so on until the skewer is filled. Place on a hot broiler for 5 minutes over a very hot fire, basting with melted butter. Sprinkle with salt and pepper and serve on the skewer for breakfast. Chopped parsley and lemon-juice may be added.

KIDNEYS BREADED.

ROGNONS DE MOUTON PANÉS.

Bread the kidney, and broil as above.

ROAST LAMB AND MINT SAUCE.

QUARTIER D'AGNEAU RÔTI, SAUCE MENTHE.

Select a fresh and white hindquarter of lamb. Wipe it off and roast it exactly as directed for Roast Leg of Mutton, allowing about 18 minutes to the pound. Serve with a cold Mint Sauce (see receipt).

BROILED LAMB CHOPS.

CÔTELETTES D'AGNEAU GRILLÉES.

See Broiled Mutton Chops, cooking until nearly firm under pressure.

CURRIED LAMB.

See Curried Mutton.

BRAISED BREAST OF LAMB.

POITRINE D'AGNEAU BRAISÉE.

Shoulder and breast of lamb, boned,	1 carrot, cut fine,
Parsley,	1 turnip, " "
Bread-crumbs,	1 onion, cut fine,
Butter,	1 onion, grated,
½ can of tomatoes,	1 clove of garlic,
Pepper, salt,	Thyme, and spices to taste.

Have the butcher remove all the bones from the lamb. Lay it on a board; wipe it carefully with a damp cloth. Have ready plenty of soft tape or strips of muslin. Prepare a dressing of dried bread-crumbs fried in butter, adding grated onion, parsley, thyme, and spices to taste. Put the dressing into the open side of the breast of lamb; roll up neatly and tie with the tape, securing the ends well, that the dressing may not fall out in the cooking. Fry the vegetables in butter. Heat an iron pot very hot; put into it a tablespoonful of sweet drippings or butter; when very hot, put in the roll and brown it on all sides lightly. Add the fried vegetables and only just enough boiling water or broth to

half-cover the meat; add the tomatoes; stew gently from 2 to 3 hours or more, according to the size of the roll. Dish with the vegetables around. The sauce may be boiled down rapidly for a few minutes and thickened with a pinch of corn-starch blended with cold water, or with a little Brown Roux (see receipt). Stir, boil 3 minutes, strain, and serve in a sauce-boat; or, if preferred, the gravy may be served without being strained.

EPIGRAM OF LAMB, SAUCE TARTARE.

ÉPIGRAMME D'AGNEAU, SAUCE TARTARE.

Prepare the lamb according to receipt for Breast of Mutton au Gratin up to the point of putting it away to cool between 2 dishes. Place a weight upon the top dish. Next day cut into strips $1\frac{1}{2} \times 3$ inches and $\frac{3}{4}$ of an inch thick. Dip in egg and bread-crumbs, and fry in boiling lard (see General Directions for Frying). When golden-brown, drain on a paper in the mouth of the oven for a few moments, then dish in a circle. Garnish tastefully, and serve with Tartare Sauce (see receipt) and green peas. The true Épigramme d'Agneau is composed of the above alternated with lamb chops dipped and fried in the same manner. The above will be found excellent, however, without the addition of the chops.

STEWED LAMBS' TONGUES.

LANGUES D'AGNEAUX.

6 tongues,
1 large onion, cut fine,
2 slices of carrot, cut fine,
3 " " turnip, " "
1 pint of stock or water,
3 tablespoons of butter,
3 " " flour,
1 bay-leaf,
Salt and pepper,
Bunch of sweet herbs and celery.

Boil the tongues in clear water for $1\frac{1}{2}$ hours. Throw them into cold water. Remove the skins. Put the vegetables into a saucepan with the butter. Add flour and stir until brown, then add stock or water to cover, and seasonings.

When the tongues are skinned, add them to the rest, and simmer very gently for 2 hours. Have ready carrots and turnips cut in neat shapes, and boiled apart. Put the tongues on a hot dish: strain the gravy; boil it down briskly for a few minutes and pour over the tongues; garnish with the boiled vegetables and serve.

LAMBS' TONGUES WITH TOMATO SAUCE.

LANGUES D'AGNEAUX, SAUCE TOMATE.

Cook as above, omitting the boiled vegetables, serving instead a rich Tomato Sauce (see receipt).

LAMBS' TONGUES À LA TARTARE.

LANGUES D'AGNEAUX À LA TARTARE.

Stew the tongues as directed, and serve with Tartare Sauce (see receipt).

DEVILLED LAMB EN CAISSES.

AGNEAU EN CAISSES.

See receipt for Devilled Chicken en Caisses.

LAMBS' KIDNEYS FOR BREAKFAST.

ROGNONS D'AGNEAU.

Prepare exactly as directed for Fourchette, splitting the kidneys in half.

LAMBS' KIDNEYS BROILED.

ROGNONS D'AGNEAU GRILLÉS.

Split the kidneys; remove the little white centre. Do not cut the two sides apart, but spread them open, running a skewer through to hold them in place. Fill the skewers with as many kidneys as they will hold. Have the broiler or gridiron very hot, and lay the skewered kidneys upon it,

turning frequently. Dip in melted butter and broil until firm under pressure. If you use plated or silver skewers, lay the whole on a hot dish; add lemon-juice, chopped parsley, pepper and salt and melted butter, and serve. If common skewers are used, the kidneys must be slipped off before dressing as directed. N. B.—Serve very hot.

LAMB CROQUETTES.

CROQUETTES D'AGNEAU.

Proceed exactly as for any of the various receipts for Chicken Croquettes.

LAMBS' FRIES.

Parboil these as described for Calf's Brains. Then prepare according to any of the various receipts for Calf's Brains or Sweetbreads; or fry in butter.

VEAL.

GENERAL REMARKS.

The best veal is very firm and pinkish white ("ashes of roses" describes the color exactly, if not too poetical for such a prosaic subject). Never buy that which has a bluish tinge. It should not be too young (less than 6 weeks) nor too old (over 6 months). The best season is from the middle of April until the first of July; but it continues to be quite good until the end of October. From that to April 1st it is not very good, being particularly stringy. Like all young meats, it spoils very quickly, and in summer must not be kept any longer than necessity demands, and not more than 2 or 3 days in cooler weather. In this country the utility of veal is not sufficiently recognized; as a rule it is shockingly cooked, therefore indigestible; hence its bad reputation. Whereas in reality it is no more indigestible than other young meats and far less so than pork, which, though not young meat, is also white. Young meats as a rule are not nutritious, but, if properly cooked, need not be particularly unwholesome; lamb might be disapproved of on the same grounds, and yet it is very popular. If veal is sufficiently cooked, and cooked slowly, it will be found to be quite as safe for the average person as lamb. A very great improvement, and a practice to be strongly recommended, is to pound veal, not as you would pound beef, but almost to a pulp; this makes it deliciously tender and quite digestible. It is indeed a most useful meat, furnishing an endless variety of dishes,

ROAST LOIN OF VEAL.

LONGE DE VEAU RÔTIE.

Trim the loin neatly; turn the flap under and fasten with a skewer. Proceed exactly as directed for Fillet of Veal Roasted, omitting the stuffing. Cover with a second pan and allow 20 minutes per pound in a slow oven.

STUFFED FILLET OF VEAL ROASTED.

ROUELLE DE VEAU FARCIE.

Remove the bone from the fillet of veal. Fill the space with a Force-Meat or Dressing, (see receipts). An excellent dressing is made of equal quantities of stale bread-crumbs and chopped ham, chopped parsley, a teaspoonful of made mustard, and 1 egg. When the dressing is ready, fill the space left by the bone; then skewer the fillet and tie it with tape or strips of muslin into a neat round. Sprinkle with pepper and salt. Tie a buttered paper over the top. Put it into a baking-pan, with a little sweet drippings or butter and very little boiling water. Let the fire be intensely hot at first; then after 20 to 30 minutes slack it off to a very moderate heat. Baste very often. Just before it is done, remove the paper, dredge with flour; dot with butter, and let it brown. Allow about 18 minutes to the pound. If covered with thick paper or with another pan, and the fire is kept sufficiently moderate, you may allow 20 minutes to the pound, as veal must be very thoroughly done through. Add a little boiling water from time to time if necessary, but always very little at a time. When done, remove from the pan; set the pan on top of the range; add lemon-juice, pepper, salt, and, if necessary, some boiling water. Boil it down briskly; skim; strain some over the veal, and serve the rest in a sauce-boat.

BRAISED FILLET OF VEAL.

ROUELLE DE VEAU BRAISÉE.

Remove all the fibres and skin from the fillet; lard the upper side with fine strips of salt pork (see Roasted Filet of Beef Larded). The space left by removing the bone should be filled with force-meat as for Stuffed Fillet of Veal Roasted. Skewer it neatly into shape and tie it with tape or strips of muslin. Melt a large piece of butter in a stew-pan. Lay the veal in, turning it on all sides to brown evenly. When this is done, stand the larded side uppermost. Add 2½ gills of good stock, 2 gills of tomato-juice or tomato sauce, and 1 gill of sherry, salt and pepper. Cover and simmer gently, allowing about 20 minutes to the pound. When done, uncover and set the pan in the oven for about 30 minutes to brown the meat, basting often to give a good color. Allow plenty of time; cook gently, and the veal will be tender and perfectly digestible. Rapid and insufficient cooking spoil veal and render it unwholesome. When cooked, dish. Strain and skim the gravy and serve in a boat.

BRAISED FILLET OF VEAL WITH SOUBISE SAUCE.

ROUELLE DE VEAU BRAISÉE, SAUCE SOUBISE.

Having braised the fillet as directed, serve it with Soubise Sauce (see receipt), adding to the sauce the pan gravy. Good.

FRICANDEAU OF VEAL.

FRICANDEAU DE VEAU.

The cut for this dish is taken from the thick side of the fillet, cut up and down, not across, including the round eye which forms the tenderest as well as the thickest part of the leg. This is the true fricandeau. Remove all skin and

fibre, then with the rolling-pin pound the meat until almost as tender as pulp. Having done this well, form the meat into a neat round, loaf-like shape. Lard the side that is to stand uppermost (see Roasted Filet of Beef Larded). It will be found to be much more convenient to place the fricandeau on a perforated pie-dish which will fit into the braising-pot, as handling will deface it after its thorough pounding. When larded and ready, place the meat and pie-plate in the pot. Fry 1 onion and 1 carrot in butter; add these to the pot with 1 bay-leaf, sprig of thyme, 1 clove, and a roux made of 1 tablespoonful of flour, stirred over the fire with 1 tablespoonful of butter until of a rich chestnut-brown. Blend this with just enough boiling water to make it smooth. Now add 3 gills of strong stock and 1 gill of sherry. Cover very closely and set over a sharp fire until it boils; then draw aside where it will simmer gently without intermission. Allow about 20 minutes to the pound, if cooked slowly enough. The pot must be air-tight. About 30 minutes before it is to be served, uncover the pot, set it in the oven, and baste frequently until there forms a rich glaze over the top. This also improves the appearance of the larding. When ready, remove to a hot dish. Add a little broth to the pot; stir and boil down rapidly for a few minutes. Strain and skim the gravy and serve it in a sauce-boat. Delicious.

FRICANDEAU OF VEAL WITH SORREL.

FRICANDEAU DE VEAU À L'OSEILLE.

Having prepared the fricandeau, serve it on a Purée of Sorrel (see receipt). This is the conventional accompaniment.

FRICANDEAU À LA SOUBISE.

Having prepared the fricandeau as directed, serve it with a rich Soubise Sauce (see receipt), adding to the latter the juices of the meat.

BROWNED KNUCKLE OF VEAL.

JARRET DE VEAU PANÉ.

Remove the lower bone from a boiled knuckle of veal; lap the meat over neatly and skewer it. Beat the yolks of two raw eggs with half a teaspoonful of salt and a pinch of pepper; cover the meat with this; sprinkle with bread-crumbs and brown it in the oven.

SAUCE:

1 oz. of butter,	Rind of half a lemon and juice of same,
1 oz. of flour,	¼ teaspoon of ground allspice,
1 pint of broth,	Salt and cayenne.

Brown the butter and flour together to a good color; do not burn. Pour in the boiling broth by degrees, stirring all the time. Add seasonings and boil 5 minutes or more, if not thick enough. Strain and serve in a sauce-boat with the veal. This is an economical dish, and very nice-looking as well as palatable. The veal must have boiled very slowly until very tender. The broth in which it was boiled will make a good soup. See receipts for White Soup, etc., etc.

VEAL CUTLETS FRIED.

NOIX DE VEAU PANÉES.

Veal cutlet,	Bread-crumbs,
Salt and pepper,	Grated nutmeg,
Lemon-juice,	Egg and lard.

With a knife remove the outer skin, all the sinews and fibres which you can manage to draw out of the cutlet. Cut it into pieces 3 × 3 inches. Beat the pieces to a pulp, literally. Squeeze lemon-juice over them. Season the bread-crumbs with salt, pepper, and nutmeg. Dip the cutlets into the egg, then shape them nicely into neat, even pieces, and dip them into the bread-crumbs, being careful that every part is covered. Set away on a dish for an hour or more if you have the time. Have ready boiling lard 2 inches deep. When ready, put the cutlets in a frying-basket; plunge them into the lard and fry golden brown. (See General Direc-

tions for Frying.) They will require about 12 to 15 minutes, and must cook a little more slowly after the first minute or two, drawing the frying-pan on one side. When gold color, remove them from the lard; drain them on paper in the open mouth of the oven. When free from grease, dish neatly on a very hot dish and serve with Tomato Sauce, Brown Sauce, or Sauce Piquante, (see receipts). Done in this way, veal cutlets are almost as good as croquettes and quite as digestible.

FRIED VEAL À LA MARYLAND.

NOIX DE VEAU SAUTÉES À LA MARYLAND.

1¾ lbs. sliced veal cutlet, pounded,
1 even tablespoon of flour,
3 oz. of salt pork, sliced,
2 gills of cream,
Salt,
Pepper.

Fry the sliced pork until the fat is melted out sufficiently; sprinkle the veal, cut in pieces 3 × 3 inches, with salt and pepper; lay it in the hot pan, turn quickly and sear both sides; then draw it to the side of the range and let it cook slowly. It is done when it feels firm under the fork. It must be turned very often while cooking, that it may not harden on any one side. When done, lay the slices of veal in a circle on a hot dish alternately with the slices of pork. Pour nearly all the fat from the pan; add to the pan the cream, in a little of which the flour has been mixed smooth. Simmer 3 minutes after it begins to boil. Pour it over the veal and serve.

VEAL CUTLETS BRAISED.

NOIX DE VEAU BRAISÉES À LA JARDINIÈRE.

Veal cutlet,
1 carrot, cut fine,
1 turnip " "
1 onion " "
1 stick of celery, cut fine,
Butter,
Pork for larding,
Stock,
1 teaspoon of butter,
1 " " flour,
1 gill of sherry,
Pepper and salt.

Cut slices of the fillet into pieces about 3 inches square. Pound with a rolling-pin almost to a pulp and press back into

shape. Lard the cutlets (this is not obligatory). Having cut up the vegetables, fry them in butter until slightly brown. Lay them in a saucepan; on this bed lay the cutlets. Cover with good, strong stock. Add pepper and salt. Cover the saucepan air-tight and stew *very gently* for about 1½ hours. When thoroughly cooked, remove the meat. Thicken the gravy with a roux made of flour and butter browned together over the fire, blending the boiling sauce into it until smooth. Boil this 5 minutes; add wine to taste. Strain. Dish the cutlets in a circle with the mixed vegetables in the centre; or substitute a purée of some sort, peas, spinach, endives, sorrel, etc., etc. Serve the gravy on the dish.

VEAL CUTLETS SAUTÉ.

NOIX DE VEAU SAUTÉES.

Use for this the eyes of the rib-chops cut away from the bones, or slices from the fillet, cut in pieces about 3 x 3 inches. Pound these with a rolling-pin until almost a pulp. Press them back into shape. Have the frying-pan heating on the fire. Lay in some slices of ham cut the same size as the veal. Let them fry a few minutes. Take them out and place on a warm dish. If there is not enough fat in the pan from the ham, add a lump of butter, and when bubbling, lay in the veal. Turn the pieces constantly and faithfully. When firm under the fork, they are done. Dish them in a circle alternately with the pieces of ham. Add to the pan a little lemon-juice, a pinch of flour, pepper and salt, and a little boiling water. Stir and boil. Add chopped parsley, pour over the cutlets, and serve.

The same may be served with Mushroom Sauce, Tomato Sauce, Soubise Sauce, Sauce Piquante, or Cream Sauce (see receipts); or with a purée of peas, spinach, sorrel, etc., etc.

VEAL POT-PIE.

See receipt for Beefsteak Pudding or Pot-Pie, using 3 parts veal to 1 part ham.

VEAL CROQUETTES.

CROQUETTES DE VEAU.

Prepare according to any of the various receipts for Chicken Croquettes.

VEAL AND HAM CROQUETTES.

Prepare according to any of the various receipts for Chicken Croquettes, using 3 parts veal to 1 part ham.

VEAL CHOPS SAUTÉ.

CÔTELETTES DE VEAU SAUTÉES.

Chops,	Parsley,
Lemon-juice,	Flour,
Pepper and salt,	Butter.

Pound and trim the chops neatly; scrape the handles. Heat a large lump of butter in the frying-pan. Lay in the chops side by side, so that each touches the bottom of the pan. As soon as all are in, begin to turn, and keep on turning until done, which can be proved by their being firm under pressure of a fork. Do not pierce them. Remove them to a hot dish; dredge a little flour into the butter which remains in the pan; stir; add lemon-juice, chopped parsley, pepper and salt, and a little fresh butter. Pour over the chops, and serve. The above can be served with Tomato Sauce, Soubise Sauce, Mushroom Sauce, etc. (see various receipts), or with a purée of peas, potatoes, sorrel, spinach, endives, etc., etc.

VEAL CHOPS À LA MILANAISE.

CÔTELETTES DE VEAU À LA MILANAISE.

Having dressed the chops as above, and browned them in butter as directed, add a little broth, and stew gently for 15 minutes. Dish in a circle. Fill the centre space with boiled macaroni, and pour the gravy over all. The addition to the

gravy of 2 gills of rich Tomato Sauce and 1 gill of sherry will be found a great improvement; it may be slightly thickened with corn-starch, blended with a little cold water, and boiled 3 minutes.

STUFFED FLANK OF VEAL (COLD).

GALANTINE DE VEAU.

Flank of veal,	Sausage-meat,
Bread-crumbs,	Egg,
Dice of tongue,	Garlic,
Bay-leaf,	Thyme, pepper, and salt.

Spread out the flank, which you have had prepared and boned by the butcher. To be large enough, part of the breast has also to be included in cutting the flank, therefore the little flat bones and gristle must all be removed, as also all the sinews and fibres of the meat. Trim it evenly. Make a thick force-meat of sausage, half the bulk of same in bread-crumbs; season to taste with pounded garlic (1 clove of garlic or half teaspoonful of grated onion); salt and pepper. A gill of wine or brandy will be found a great improvement. Add 1 or 2 eggs, according to the amount of force-meat required; add dice of boiled tongue. Have ready a pot of boiling water, with 1 bay-leaf, sprig of thyme, and salt. When you have put the force-meat in the centre of the flank, roll it up very carefully, not to let the dressing escape at the ends. Tie it securely with strips of muslin or tape. Drop into the pot of boiling water, and boil hard for 15 minutes, covered; then set to one side, and boil more gently for 45 minutes, or longer if the meat is thick. When done, set the pot aside until all is cold before removing the roll. This is excellent sliced thin for luncheon, and keeps several days.

BLANQUETTE OF VEAL.

BLANQUETTE DE VEAU.

There are two ways of preparing this dish, one simple, the other more complex: both are given. It is unnecessary to

say that the more elaborate is the better of the two; but the simple one is excellent.

Cut a breast of veal (the thin, gristly part also) into pieces 2 x 3 inches. Lay them in a bowl of vinegar and water for about 1 hour. This will draw out the blood. Then proceed exactly as for Fricasséed Chicken (see receipt). When cooked very tender (it must only simmer), about 1 hour and 30 minutes, more or less, remove the veal. Strain the gravy; make a White Roux as directed (see receipt); stir in the boiling broth; when thickened to the proper consistency, add lemon-juice, nutmeg, salt, and a dash of cayenne. Put the veal into the sauce; set it over boiling water, and let it stew very gently for about 30 minutes at the back of the range. Dish the meat neatly. Bring the sauce to a boil. Have ready in a bowl 2 yolks of eggs (to a pint of sauce), beaten with a gill of cream. Pour some of the sauce very gently upon them. Remove the sauce from the fire; stir the eggs thus prepared *into* the boiling sauce; pour the whole over the blanquette; garnish with large croûtons, sliced lemon, and parsley. Serve. Excellent.

Or, slice some cold roast fillet of veal, about a third of an inch thick, in even neat pieces, cutting off all the outer brown skin. Prepare a Sauce Blonde or Velouté. When it is hot, lay in the veal; set over boiling water for 30 minutes, where it will barely simmer. Season with lemon-juice, nutmeg, and a dash of cayenne. Garnish as above, and serve. Very good, and much less trouble than the first receipt.

CREAM OF VEAL.

CRÈME DE VEAU.

Make 2 gills of Cream Sauce (see receipt). Chop 3 parts veal and 1 part ham, very fine; stir in enough to thicken the sauce, so that it will no longer pour. Season the veal with a dash of nutmeg and cayenne. Serve on toast. Chicken may be prepared in the same way; also mutton, to which should be added a pinch of curry-powder.

CREOLE RATATOUILLE.

RATATOUILLE À LA CRÉOLE.

3 pounds of lean veal,
½ pound ham, cut in 1-in. dice,
Sprig of thyme,
1 can of tomatoes, or 6 or 8 fresh,
1 can of okra, or 50 fresh,
2 cloves of garlic,
2 onions, sliced,
Veal bones for gravy,
4 or 6 sweet potatoes,
Salt, pepper, and cayenne.

First of all make your gravy as follows: Brown the bones and trimmings of the veal, and any chicken bones which you may have, in butter in a frying-pan; or you may roast them till brown in the oven. When well browned, put them in a saucepan on the fire with the garlic, thyme, tomatoes, and a little dash of boiling water (according to the amount of liquor there is on the tomatoes). As you will require about 1 quart of gravy, it is best to begin with 3 pints of liquid. Fry the onions brown in butter, and add them to the saucepan. Cover. Let the whole stew very gently on the side of the range for 2 hours, or longer, until the gravy is tasty and strong. Then strain it and return it to the saucepan. Have your veal cut in pieces about the length of 1 finger and breadth of 2. Fry the pieces in butter until nicely browned, turning often to avoid toughening; put these in the saucepan; add the dice of ham, the sweet potatoes cut in cubes of about 1½ inches, salt, and pepper. Add also, if available, half a sweet-pepper without seeds. Stew all together gently until the veal is thoroughly tender and the sweet potatoes are on the point of melting away, which will be from 1½ to 2 hours. Ten minutes before this point is reached, add the can of okra. If you use fresh okras, select small ones, tip and tail them, and add to the stew 30 minutes before removing from the fire. When it is all done, dish the meat in the centre of a platter, the sweet potatoes around the edge, the okra over the meat. Let the gravy boil down rapidly for a few minutes; add salt and cayenne to taste; if not thick enough, stir in 1 teaspoonful of corn-starch dissolved in a little cold water. Boil 3 minutes and pour over the stew. This is a delicious dish, and perfectly easy to make, although it may appear complicated.

VEAL OLIVES.

VEAU AUX OLIVES.

Strips of veal from the flank,
Cold ham, chopped,
Parsley, chopped,
1 egg,
Lemon-juice,
Butter,
Small piece of cold veal, chopped,
Bread-crumbs,
Grated onion,
Pepper and salt,
Nutmeg,
Spanish olives, stoned.

Having removed the skin and fibres from the flank of veal and wiped it clean, cut it in neat strips about 2 inches wide by 4 inches long. Pound carefully with a few strokes. Mix together all the other ingredients, except the olives and butter, using cold ham and cold veal in equal proportions and bread-crumbs equal to the bulk of these two. Put a layer of dressing in the centre of each strip of veal, roll neatly, and tie so that the mince will not run out. The ends can be pinned over with small wooden skewers, in which case be very careful to remove them before serving. Melt a tablespoonful of butter in a frying-pan. When it bubbles, lay in the rolls and turn them until evenly browned all over. Add enough stock to half-cover them; close tightly, and set on a corner of the range to simmer gently for 30 to 40 minutes. Then remove them to a hot dish; bring the gravy, strained, to a boil; thicken it with corn-starch blended with cold water. Stir and boil 3 minutes. Add a few stoned olives, pepper, and salt. Pour over the rolls and serve. This is a very old-fashioned dish.

VEAL LOAF.

PAIN DE VEAU.

2 pounds of cold veal, chopped fine,
1 pound of cold ham, " "
1 small teaspoon of grated lemon-peel,
1 teaspoon of powdered mace,
1 tablespoon of chopped parsley,
1 cup grated bread-crumbs, dry and fine,
1 cup of brown gravy,
Cayenne,
Lemon-juice,
Salt and pepper,
3 yolks of eggs, beaten light,
1 egg for glazing.

Mix half of the gravy and all the other ingredients, except the egg for glazing. Add the yolks of the eggs last. The

mixture should be just firm enough to hold in shape when moulded into a loaf. If it is too soft, add bread-crumbs. Flour your hands and mould it into a loaf rather more than twice its breadth in length. If longer, it will crack in dishing. Flour the outside well, and place it in a greased pan large enough to permit of your handling the loaf without danger of disfiguring it. Cover over and set in the oven until smoking hot. Remove the cover and allow it to brown quickly. Draw it to the oven-door and brush over with beaten egg. Shut the door and leave for 3 minutes, or until nicely brown. It will require in all about 1 hour in a moderate oven. If cooked in too hot an oven, the loaf will crack. When done, transfer it by means of a cake-turner to a hot dish. Handle it very carefully. Serve it with the remaining half-cup of brown gravy, or with Tomato Sauce, or Mushroom Sauce (see receipts). It is delicious served cold with salad.

DEVILLED VEAL EN CAISSES.

VEAU EN CAISSES.

See receipt for Devilled Chicken en Caisses.

MEAT LOAF.

PAIN DE VIANDE.

3 pounds of minced veal, 8 eggs,
3 " " beef, Pepper and salt,
3 stale rolls, grated, 2 grated nutmegs,
1 teaspoon of ground cinnamon.

Mix all together with the raw meat minced. If you have no rolls, use the same bulk of stale bread. When well mixed, form into a loaf, sprinkle with bread-crumbs, put in a roasting-pan or on a sheet of tin. Cover and bake in a very moderate oven for about 2 hours, or a little longer. Serve cold. (Or, bake the same in a well-greased bread-pan.)

BEWITCHED VEAL.

3 lbs. of lean veal,	½ pound fat salt pork,
1 grated nutmeg,	1 tablespoon of butter,
1 small onion, grated,	Salt and cayenne,
3 eggs,	1 cup of milk.

Chop all very fine; mix the raw meat with the eggs and milk; add the other ingredients; form into a compact loaf. Sprinkle with bread-crumbs. Bake from 1½ to 2 hours in a moderate oven; if too quick, the loaf will crack. Cover while baking. This is best served cold with salad. (Or, bake the same in a well-greased bread-pan.)

JELLIED VEAL.

VEAU EN GELÉE.

1 knuckle of veal,	2 onions,
1 blade of mace,	1 bay-leaf,
1 gill of good vinegar,	6 peppercorns,
2 quarts of cold water,	12 whole cloves,
Salt and pepper,	½ teaspoon of ground allspice.

Wipe the veal; cut it into pieces; put it into a kettle with the cold water; bring it slowly to a boil; skim and simmer *gently* for 2 hours. Add onions, bay-leaf, cloves, peppercorns, and allspice. Simmer 1 hour longer. Remove the meat from the bones and put the former into a plain mould. Boil the liquor down to 1 quart; strain; add vinegar, pepper and salt. Pour it over the meat, and set away overnight. When firm, turn it out and garnish with parsley and lemon.

SWEETBREADS.

TO PREPARE SWEETBREADS.

First soak in clear, cold water and vinegar for an hour to draw out the blood. Then put into fresh cold water; add salt; heat very gradually and boil for 20 minutes. Drain and throw again into cold water. When thoroughly cold, remove all the veins, strings, and fibres that you can detach without breaking the sweetbreads into pieces. They are now ready to be dressed according to any of the following receipts.

FRIED SWEETBREADS.

RIS DE VEAU PANÉS.

Having prepared the sweetbreads as directed, cut them in even-sized cubes or slices no less than 1 inch thick, or they may be left whole; dip first in fine sifted bread- or cracker-crumbs, then in white of egg, then again in the crumbs. Do this at least an hour before dinner, and set in the ice-box. When required, have lard at least 1½ inches deep boiling on the fire. Use a frying-basket if possible. Lay in the pieces of sweetbread. The lard should cover them. In about 4 minutes, if golden brown, drain them out and lay on brown paper in the open oven door until dry (see General Directions for Frying). Dish in a circle on cut paper or a folded napkin, garnished around with cut lemon; put in the centre a large bunch of Fried Parsley (see receipt). Serve in a sauce-boat at the same time, Tomato Sauce, Tartare, Poivrade, etc. (see receipts).

N. B.—Never serve the sauce on the same dish with fried sweetbreads, or indeed with any thing fried, as the moisture of the sauce will mar the perfection of the frying by making the article so cooked soggy, limp, and tough. Sautéd sweetbreads, etc., should, on the contrary, be invariably served with a sauce or purée of some sort on the dish.

SWEETBREAD FRITTERS.

BEIGNETS DE RIS DE VEAU.

Having prepared the sweetbreads as first directed, cut them in slices ½ an inch thick; sprinkle with pepper, salt, and a little grated nutmeg, some finely-chopped parsley, and lemon-juice; dip into Fritter Batter (see receipt). Have the lard at least 1½ inches deep, boiling in a kettle on the fire. Drop in the slices of sweetbread and fry 2 or 3 minutes, until light golden brown (see General Directions for Frying). When the fritters are sufficiently cooked, skim them out, and drain on brown paper in the mouth of the oven. Place upon the dish in a circle on cut paper or a folded napkin, and serve with Tartare or Tomato Sauce (see receipts) in a boat.

SWEETBREADS BRAISED AND LARDED.

RIS DE VEAU PIQUÉS ET BRAISÉS.

6 sweetbreads,
6 slices of bacon,
1 bay-leaf,
6 allspice,
Pepper and salt,
1 gill of sherry,
Consommé,
Salt pork for larding,
1 chopped onion,
3 cloves,
1 clove of garlic,
Strips of ham,
1 teaspoon of butter,
1 teaspoon of flour.

Do not parboil the sweetbreads for this mode of cooking. Soak them for 1 hour in cold water and vinegar. Remove the veins and cords, but keep the sweetbreads whole. Lard the side which is to stand uppermost. Lay the thin slices of bacon in the bottom of a hot stewpan which will fit in the oven. On these lay the sweetbreads, larding uppermost; add onion, bay-leaf, spices, garlic, pepper, salt, and a few strips of ham; add 1 gill of sherry or madeira, and only just enough strong consommé to cover the sweetbreads ¾ or even less. Cover air-tight to keep in all the steam, and stew very gently from 30 to 45 minutes, according to the size of the sweetbreads. Melt the butter in a frying-pan and stir the

flour with it until well browned but not burnt. Stir into it a little of the sauce. Add it to the saucepan and boil for a few minutes to thicken. Fifteen minutes before serving, uncover; set the pan in the oven and baste frequently. This will glaze the surface and improve the appearance of the larding. Now take out the sweetbreads and pieces of ham and place them neatly on a hot dish. If the gravy is not rich enough, boil it rapidly for a few minutes. Add seasoning if required, and a little more wine. If not thick enough, a little corn-starch blended with a few drops of cold water, may be added and boiled 3 minutes. Mushrooms should be added to the sauce after straining it (although not obligatory). Pour some over the sweetbreads and serve the rest in a boat. This is beyond question the best of the many ways of cooking sweetbreads. Green peas should be served at the same time.

SWEETBREADS SAUTÉ.

RIS DE VEAU SAUTÉS.

Having prepared the sweetbreads as first directed, cut them in even slices about 1 inch thick; have some butter melted in a frying-pan and lay in the slices of sweetbread, turning until browned very slightly on both sides. Do not let the butter burn. Leave them in the pan only just long enough to heat through thoroughly and brown slightly; then dish in a circle on a bed of vegetable purée of some sort, and always with a sauce. Sweetbreads sauté may be served with:

Purée of Jerusalem artichokes,
Purée of spinach,
Purée of endives,
Purée of peas,
Purée of sorrel,
Purée of sweet potatoes,

or with small green peas, asparagus tips, mushrooms, cauliflower cut in pieces, etc., etc. In all the above cases a sauce should be served on the dish. See receipts for Brown Sauce and Brown Gravy.

SWEETBREADS À LA POULETTE.

RIS DE VEAU À LA POULETTE.

6 sweetbreads,	1 tablespoon of butter.
1 gill of cream,	2 tablespoons of flour,
4 eggs, yolks only,	Salt and pepper,
Lemon-juice,	Parsley.

Having prepared the sweetbreads as directed in the first receipt, cut them in pieces the size of a walnut. To make the sauce, stir the flour and butter together over the fire, but do not brown; when blended, pour in by degrees, stirring unremittingly, enough boiling water to thin the sauce to the consistency of very thick cream, almost as thick as batter; add seasonings and lemon-juice. Now put in the sweetbreads, and when heated through (they will not require boiling) add in the cream which you have brought to boiling point in another saucepan. Then remove from the fire; stir in a small lump of fresh butter and the beaten yolks of eggs. Stir briskly not to curdle. Sprinkle finely-chopped parsley over and serve.

N. B.—To prevent the yolks from curdling, they should be broken into a bowl and beaten until smooth with a tablespoonful of the cold cream; then take a little of the hot gravy, a spoonful at a time, and mix it in the bowl with the eggs; when smooth turn the eggs *into* the hot sauce, and stir quickly. Do not boil again after the eggs are in, but set over a kettle of boiling water (*bain-marie*) to keep hot if it has to stand at all. A great improvement upon the above conventional dish is

SWEETBREADS WITH MUSHROOMS.

RIS DE VEAU AUX CHAMPIGNONS.

To the above, add fresh or canned mushrooms and 1 gill of sherry, before the eggs are added. Stew 5 minutes, then finish as above.

CURRIED SWEETBREADS.

RIS DE VEAU AU KARI.

Prepare as directed À la Poulette, adding powdered curry to taste, carefully blended and mixed with the sauce before the eggs are added; or the eggs may be omitted entirely. Curried sweetbreads should be served with a Rice Border (see receipt).

BROILED SWEETBREADS.

RIS DE VEAU GRILLÉS.

Having prepared the sweetbreads as described in first receipt, heat the gridiron very hot over or under a clear fire. Roll the sweetbreads in melted butter and place on the gridiron. Turn often, taking them off once or twice to dip again in melted butter and return to the gridiron. When well colored, season with salt and pepper and a squeeze of lemon-juice. They should be eaten very hot. Serve with or without other sauce than the melted butter. Excellent.

ROASTED SWEETBREADS.

RIS DE VEAU RÔTIS.

Having prepared as directed in first receipt, dip whole as for frying. When dipped, lay them in a roasting-pan with a few spoonfuls of strong consommé. Baste frequently, and when nicely browned, serve. They will not require more than about 20 minutes. You may lay slices of bacon in the pan under each sweetbread.

Or, prepare as for Braised Sweetbreads, larding or not as you prefer. Then put them in the pan with the seasonings. Cover the first pan with another. Bake until about half cooked (20 to 25 minutes), then remove the top pan, baste very frequently with wine and consommé, using less consommé than directed for braising. When brown and firm, dish. They will require in all from 45 minutes to 1 hour, in a moderate oven. Boil the gravy rapidly a few minutes, after

removing the sweetbreads; thicken slightly with a little corn-starch blended in cold water. Boil 3 minutes. Strain and pour over the sweetbreads. Serve.

SWEETBREADS EN CASSEROLES.

RIS DE VEAU EN CASSEROLES.

Prepare as first directed; then cut in dice and proceed as in receipt for Sweetbreads with Mushrooms, adding almost an equal quantity of oysters from which the muscles have been removed; use a generous proportion of mushrooms, more wine, and a pinch of curry-powder (not enough to be perceptible) in the sauce, also a dash of celery-salt.

N. B.—The oysters should be scalded until firm in their own juice, before adding to the sauce. The eggs may be omitted if rich cream is used. The above receipt used as a filling for pâtés of fine puff-paste, vol-au-vent, or served in casseroles or cases will be found most delicious.

SWEETBREAD CROQUETTES.

CROQUETTES DE RIS DE VEAU.

1 pair of sweetbreads, parboiled,
1 gill of cream or rich milk,
5 drops of onion-juice,
¼ teaspoon of white pepper,
Bread-crumbs, eggs, and lard,
¼ teaspoon of grated nutmeg,
1 tablespoon of butter,
2 tablespoons of flour,
2 tablespoons of chopped mushrooms,
1 tablespoon of chopped parsley.

Trim the sweetbreads and chop, not too fine, using a silver knife. Bring the cream to a boil. Rub the butter and flour together over the fire; add cream; stir smooth; boil until very thick, stirring constantly. Remove from the fire; add sweetbreads, seasonings, and mushrooms. Mix. Turn out on a dish to cool. When cold and firm, have a plate of flour, a plate with a beaten egg (or the whites alone), and a bowl of fine sifted bread-crumbs. Flour your hands; take about a tablespoonful of the mixture, quickly form it into shape (the

easiest is cylindrical, 1 x 2½ inches); dip this deftly into the egg, then drop it into the bowl of crumbs and cover it all over. Shape it again carefully and lay on a flat dish. The croquettes should not touch, that the air may reach all sides. There is a great knack in this part of making croquettes of any kind. The best teacher of all is experience; after a little while it will seem quite easy to handle them. Set away in the ice-box for 2 or 3 hours. Have lard boiling in a saucepan deep enough to cover the croquettes completely. Put them in a frying-basket and plunge them into the boiling lard (see General Directions for Frying). When fried golden brown, drain on paper in the mouth of the oven; dish on a cut paper or folded napkin tastefully garnished, and serve at the same time green peas.

SWEETBREADS, BALTIMORE STYLE.

RIS DE VEAU À LA BALTIMORE.

2 pairs sweetbreads,
1 tablespoon of butter,
1 " " chopped parsley,
Sifted bread-crumbs,
Pepper,
2 gills of cream,
1 teaspoon of butter,
1 " " grated onion,
1 " " flour,
Salt.

Having prepared the sweetbreads as directed in first receipt, dip them in egg and fine, sifted bread-crumbs. Set aside 1 hour. Heat 1 tablespoonful of butter in a frying-pan; when bubbling, lay in the sweetbreads. Brown one side, then the other. Dish the sweetbreads. Strain the butter into a clean pan. Add the onion, cream, pepper, salt, and 1 extra teaspoonful of butter, and boil for 3 minutes. Now blend the flour with a little cold water. Stir this into the boiling sauce. Boil 3 minutes, or until thick enough. Add parsley. Pour the sauce over the sweetbreads. Serve immediately.

CALF'S HEAD BOILED.

TÊTE DE VEAU AU NATUREL.

Wash the head (which should already be prepared free from hair and bleached). Be very careful to thoroughly cleanse the ears inside. Singe off any little downy hairs that may remain. Pour boiling water through the throat and nose passages. Put the head into a large kettle of cold water. Bring it gradually to a boil and skim well. When it has boiled 2 hours take it out, remove the eyes, which throw away; remove the tongue and skin it. Return the head to the kettle. Add salt, pepper, 1 gill of vinegar, a large bunch of sweet herbs, spices, and 1 clove of garlic. Simmer 2 hours longer, making 4 hours in all. It is now ready to serve Au Naturel, or dressed according to any of the following receipts. If it is to be served whole, boiled, it is advisable, when you take it out after the first 2 hours, to rub it all over with lemon-juice and tie it up in a clean, floured cloth. It will then be whiter. Serve plain boiled calf's head with Maître d'Hôtel or Poivrade Sauce (see receipts).

CALF'S HEAD AU GRATIN.

TÊTE DE VEAU AU GRATIN.

Having boiled the calf's head as directed (see receipt), cut off the meat from each side of the head, keeping it in 2 large pieces. Lay these neatly in a fire-proof dish. Pour over it a mixture of melted butter, much lemon-juice, a little French mustard, pepper, and salt. Tuck the ears under so as to leave a smooth surface. Cover this with a beaten egg, then with bread-crumbs and chopped parsley; place in the oven until nicely browned, about 25 minutes. There should be only butter, etc., enough to moisten and flavor the meat; not enough to make a liquid sauce around it. The brains, after being prepared as directed (see To Prepare Calf's Brains), may be divided into pieces, dipped in batter or egg and bread-crumbs, fried in boiling lard, and served at the same time as a garnish.

CALF'S HEAD WITH MUSHROOMS AND TOMATOES.

TÊTE DE VEAU AUX TOMATES.

Having boiled the head as directed (see receipt), cut the meat from it carefully; skin the tongue and slice it. Put meat, tongue, and the brains (which have been previously prepared) upon a hot dish and keep warm while the sauce is being made.

1 pt. of liquor in which the head was boiled,
1 tablespoon of butter and 2 of flour, browned,
5 mushrooms, cut fine,
½ teaspoon of salt,
1 tablespoon of sherry,
1 " Worcestershire sauce,
1 " of mushroom catsup,
Cayenne.

Blend the flour and butter with the liquor. Boil 5 minutes, stirring constantly. Add all the other ingredients. Garnish the dish with 6 Baked Tomatoes (see receipt); pour the gravy over the meat and serve.

CALF'S HEAD CHEESE.

FROMAGE DE TÊTE DE VEAU.

1 head,
1 cup of stale bread-crumbs,
2 large tablespoons of vinegar,
1 tablespoon of salt,
Cayenne,
1 lb. of sausage meat,
Mace, cloves, allspice, ground,
Sage, parsley, thyme, sweet marjoram, powdered,
4 cloves of garlic,
2 carrots,
2 onions,
10 whole cloves,
20 " allspice,
1 slice of cold ham.

Wash the head, carefully cleansing the ears, and scalding nose and throat passages. Put it into a large soup-kettle with sufficient cold water to cover it. Add the salt. Bring it slowly to a boil and boil about two hours. Then remove the eyes and throw them away. Also remove the tongue, which should be tender enough by this time. Put it away until required. (Skin it before using.) Return the rest of the head to the fire, adding the carrots, onions, and 2 cloves of garlic. Let it boil until the bones slip out easily; about 3½ hours in all, after it once breaks into a boil. Take out the

head and remove all the bones and any of the cartilage that is too hard to put into the cheese. Put the large bones back into the soup-kettle and let it all boil down for soup. Put the smaller pieces into a saucepan with about 1 quart of the liquor in which the head was boiled. Add 2 cloves of garlic, 10 cloves, 20 allspice, and let it boil rapidly with the cover off while you prepare the meat. Chop the meat of the head into rather large pieces; mix with it the bread-crumbs, sausage-meat, vinegar, salt, cayenne, and black pepper; then add ground mace, cloves, and allspice to taste, also the powdered herbs; about 1 teaspoonful each of the latter; it must be tasted and seasoned according to requirements. Now make the mixture quite soft (as soft as batter) by straining into it some of the liquor that has been boiling down in the saucepan. When well mixed and soft, put the mixture into a saucepan and set it over the fire, stirring constantly to prevent scorching. *Be most careful not to allow it to scorch.* Stir until it has boiled at least 3 minutes. Rinse out with cold water tins the shape of a loaf; pour the mixture into them, putting first a layer of this, then a few larger pieces of tongue and some strips of cold boiled ham. Fill with the mixture and set away to harden for at least 6 hours. When cut in slices, the addition of the ham will make it prettily marbled. Eat for breakfast or luncheon. This is excellent, and less trouble than it seems.

CALF'S HEAD À LA TERRAPIN.

TÊTE DE VEAU À LA TERRAPIN.

Having boiled a calf's head (see receipt), cut the meat in pieces from the cheek about 1 inch square. Make a Terrapin Sauce (see receipt); stir the calf's head into this sauce. It is best made early and stood away for some hours before dinner. The hard-boiled whites of the eggs may be sliced and stirred in with the meat. When required, place the bowl over a kettle of boiling water (*bain-marie*) for 30 or 45 minutes, where it will heat without cooking. Serve it in a casserole or deep dish. Delicious.

TO PREPARE CALVES' BRAINS FOR COOKING.

Wash first in clear, cold water. Throw this off. Cover again with cold water, a tablespoonful of vinegar, and a teaspoonful of salt. Let them soak from 20 to 30 minutes. Have ready on the fire a saucepan of salted boiling water; lay in the brains; let them remain until firm, about 15 minutes, then drain and plunge again into cold water. This process whitens them. When cold, draw off all the fibres that you can without breaking them into pieces. After this, they are ready to dress according to any of the following receipts.

CALVES' BRAINS FRIED.

CERVELLES DE VEAU FRITES.

Prepare as above; dip first in bread-crumbs, then in egg, and again in crumbs. Set in the ice-box for at least 1 hour. Fry in boiling lard until golden brown (see General Directions for Frying). Drain on brown paper in the mouth of the oven; dish; garnish with parsley and lemon, and serve with Tomato or Tartare Sauce (see receipts).

CALVES' BRAINS À LA POULETTE.

CERVELLES DE VEAU À LA POULETTE.

Having prepared the brains as first directed, cut into pieces the size of a walnut, and heat in a Poulette Sauce (see receipt), adding mushrooms.

FRITTERS OF CALVES' BRAINS.

BEIGNETS DE CERVELLES DE VEAU.

2 pairs of brains,	Fritter batter,
Lard,	Pepper, salt, and lemon-juice.

Having prepared the brains as first directed, when cold, remove the veins as far as possible without breaking them too much. Season them with salt, pepper, and a squeeze of lemon-juice, or nutmeg if preferred. Divide in small, even

pieces not less than 1 x 1 inch. Dip in very thick batter (see batter for Clam Fritters). Bring the lard to a boil (see General Directions for Frying). Too great stress cannot be laid upon this essential for successful frying. Let it be deep enough to cook the brains without their touching the bottom of the pan, that they may puff equally on all sides. Turn them to brown evenly. When golden brown, skim out and lay upon paper in the mouth of the oven. When dry, serve on a folded napkin or cut paper; garnish with a bunch of Fried Parsley (see receipt). Serve with Mayonnaise, Tomato, or Tartare Sauce (see receipts).

CALVES' BRAINS AU BEURRE NOIR.

CERVELLES DE VEAU AU BEURRE NOIR.

Prepare the brains as first directed. Melt a tablespoonful of butter in a frying-pan. When it is bubbling, lay in the brains whole or cut in halves. Turn and fry brown on all sides. Remove to a hot dish. If the butter has been absorbed too much, add another spoonful and let it fry until quite dark brown, then add 2 to 4 tablespoonfuls of vinegar according to the quantity of sauce required. Add pepper and salt. Boil up once and pour over the fried brains. The sauce should taste very strong of vinegar. This is one of the most acceptable ways of cooking calves' brains.

CALVES' BRAINS WITH MACARONI.

CERVELLES DE VEAU SAUTÉES À LA MILANAISE.

Serve fried in butter, dressed on a bed of Macaroni à la Milanaise (see receipt).

NOTE. Nearly all receipts for sweetbreads will serve for the preparation of calves' brains.

LIVER AND BACON.

Liver,	Bacon,
Flour,	Pepper and salt.

Cut calf's liver in slices fully ½ an inch thick; throw boiling water over and let stand for 5 minutes. Wipe dry. Coat thickly with flour. Have ready a frying-pan with the strips of bacon cut thin. Fry 3 minutes. If necessary, add a little lard if the bacon does not yield enough fat. When very hot, drop in the slices of liver, fry a few minutes one side, then turn and fry the other. When well browned, pour in boiling water sufficient to half-cover the liver. Season. Cover tightly and set back where it will simmer gently for 20 to 30 minutes. Then remove the liver to a hot dish with the bacon; set the frying-pan over the fire, boil briskly and stir. If it has steamed off too much, add a few spoonfuls of boiling water, boil, stir, and pour over the liver. This is no more difficult than the coarsest and commonest way of cooking liver, and makes of that article of food a tasty dish, instead of what is generally set before one under the name of liver and bacon—"chips and grease" might be a more appropriate term. An onion cut fine and fried first with the bacon, is a great addition, according to taste.

CALF'S LIVER BRAISED.

FOIE DE VEAU BRAISÉ.

1 large liver,	2 carrots, sliced,
Parsley,	1 turnip "
3 cloves,	2 onions "
6 allspice,	Celery "
1 bay-leaf,	¼ lb. bacon,
Butter,	Pepper and salt.

Tie the liver in a neat roll. If you cannot procure 1 large one, take 2 smaller. If nicely tied up they look like a pair of ducks when served. Fry the onions and carrots in butter. Have an iron pot well heated. Lay in the slices of bacon and fry for a few minutes; when the fat is melted out,

lay in the liver, turning it to sear on all sides. Do not sear it too long or it will harden the skin. When ready, turn in the fried vegetables; add all other vegetables and seasonings and enough boiling water or stock to half-cover the liver. Lay a little more bacon over the liver. Close the pot air-tight. Bring to a rapid boil, then set away where it will only simmer for about 2 hours. When the liver is perfectly cooked and firm to the touch, remove it to a hot dish. Bring the gravy to a rapid boil; add to it a roux made of 1 teaspoonful of butter and a heaping teaspoonful of flour stirred together over the fire until brown, then blended with a little of the boiling sauce. After adding this to the pot, stir and let the gravy boil briskly for 5 minutes. Strain it. Put the vegetables around the liver; pour some of the sauce over the liver and serve the rest in a sauce-boat. A little wine may be added to the sauce, but is not indispensable. Recommended.

ROASTED LIVER.

FOIE DE VEAU RÔTI.

Prepare as above. Cut the vegetables fine and put a layer of them in the bottom of the pan. Cover the liver with bread-crumbs; over this lay thin strips of bacon. Lay the liver on the vegetables. Roast slowly for about 2 hours, basting frequently with good stock or boiling water. Thicken the sauce as above directed. Liver may also be roasted without the bed of vegetables, but is not as tasty.

N. B.—The liver should be covered with a second pan to prevent the surface from hardening.

MOCK TERRAPIN.

½ calf's liver,
2 gills of boiling water,
½ gill of wine,
2 ounces of butter,
1 teaspoon of mixed mustard,
Cayenne to taste,
2 hard-boiled eggs, chopped fine.

Season the liver with salt and fry slowly till brown; cut it in small dice; dredge with flour; add the mustard, eggs,

water, pepper and butter. Let it boil 2 or 3 minutes; then add the wine, stirring well to mix it all through. Serve. Cold veal may be substituted for the liver.

If beef's liver is used, pour the boiling water over the slices and let stand 5 minutes before draining it off, cooking as above.

CALF'S LIVER SAUTÉ.

FOIE DE VEAU SAUTÉ.

1 liver,
Lemon-juice,
Pepper and salt,
Butter,
Parsley,
Wine to taste.

Slice the liver. Throw boiling water over it for a minute. Have the butter very hot in a frypan. Lay the slices in, turning first one side, then the other until cooked firm. Place neatly on a hot dish. Squeeze lemon-juice and sprinkle parsley over the top. Add the butter in which the liver was cooked, also a little wine, and serve. The gravy can be slightly thickened if preferred.

N.B.—Beef's liver should be cut in slices, and boiling water poured over it allowing it to stand 5 minutes before cooking. Wipe the slices dry and cook according to any of the above receipts.

LIVER SMOTHERED IN ONIONS.

Prepare like Beefsteak Smothered in Onions, having first sautéd or fried the liver.

LIVER SAUTÉ WITH PICKLE SAUCE.

FOIE DE VEAU SAUTÉ AUX CORNICHONS.

Liver,
Lard,
Parsley, chopped fine,
Onion " "

Sauce: 1 teaspoon of butter,
2 " " flour,
1 cup of boiling water,
1 tablespoon of vinegar,
Pepper and salt,
1 tablespoon of capers or pickles.

Cut the liver in small, neat slices. Melt lard ½ an inch deep in the frying-pan. Heat by degrees until smoking hot.

While the lard is heating, make the sauce as follows: Brown the butter and flour together over the fire, and when it is a good color, but not burned, stir in slowly the boiling water, blending perfectly smooth. Boil 3 minutes. Add salt and pepper and a heaping tablespoonful of capers or chopped pickles. Set the saucepan on one side of the fire, where it will keep hot without cooking. Now put the parsley and onion into the lard and let it cook 2 minutes, then lay the sliced liver in the lard and turn constantly until slightly browned on both sides. It is cooked when it is firm under the pressure of the fork. As it finishes, lay each piece in the sauce, covering it all over. When all is cooked, dish the pieces in a circle and pour the sauce over all. This is much better than the ordinary way of frying it.

BROILED LIVER.

FOIE DE VEAU GRILLÉ.

Cut the liver in thin slices; lay it in salted cold water for 30 minutes, then wipe dry; lay the slices on a hot greased broiler, turning often and basting with melted butter. This should be done on a gridiron under the fire, and all the gravy should be collected in a trough or pan at the bottom; pour this over the liver. Season with pepper and salt and serve.

FOURCHETTE.

Take slices of salt pork about $\frac{1}{8}$ of an inch thick and 2 or 3 inches square; also slices of calf's liver the same size. Put these alternatively on a long skewer beginning and ending with pork. Lay it in the oven across a dripping-pan and roast it as you would a bird, basting occasionally with a little boiling water from the roasting-pan. It will take 15 to 20 minutes. The liver is done when firm to the touch, and the pork should be transparent. When cooked, draw out the skewer and serve in alternate slices of pork and liver. If you use silver or plated skewers, serve without removing.

TO PREPARE TRIPE.

Wash it in 3 or 4 waters until perfectly clean. It is always bleached before it comes from market. In former times such was not the case, and it was necessary to take much more trouble in its preparation. When thoroughly clean, put it into a kettle with cold water, salt, and 1 tablespoonful of vinegar, and bring it to a boil. Add a couple of onions. Stand the kettle where the tripe will simmer gently for fully 5 hours, until it is so tender that you can easily pierce it through. Drain thoroughly, and it is now ready to be dressed according to any of the following receipts.

FRIED TRIPE.

TRIPE FRITE.

Having prepared the tripe as above, cut it in strips about 1 inch wide by 3 long. Coat it first with egg, then with bread-crumbs and drop it into boiling lard (see General Directions for Frying). When very light golden-brown, drain it out, dry on paper in the mouth of the oven, and serve on a folded napkin. To be eaten with Soubise, Tomato, Poivrade, or Piquante Sauce (see receipts).

TRIPE SAUTÉ.

TRIPE SAUTÉ.

Having prepared as above, cut in strips like cigarettes. Have some butter heated in a saucepan. Throw in the tripe; toss and turn it until very slightly browned; sprinkle with chopped parsley, and a squeeze of lemon-juice, pepper, and salt, and serve.

TRIPE À LA POULETTE.

TRIPE À LA POULETTE.

Having prepared the tripe as first directed, make a rich Poulette Sauce (see receipt). Have ready 8 to 12 small white

onions cooked in plain boiling water until perfectly tender. Add these to the Poulette Sauce and let them stew while you cut the tripe in neat pieces, diamond-shaped, square, or long. Add the tripe to the sauce; stew the whole gently over boiling water *(bain-marie)* for 30 minutes. Note.—Do not under any circumstances add the egg-yolks to a Poulette Sauce until just ready to serve. If the sauce is boiled after they are in, it will curdle. Season with parsley, pepper, salt, and lemon-juice, and serve.

CALVES' KIDNEYS.

ROGNONS DE VEAU.

These are very delicate; far better than either beef or lamb kidneys. Prepare according to any of the receipts given for these latter.

STUFFED CALF'S HEART.

CŒUR DE VEAU FARCI.

Wash off, but do not soak. Stuff with a Turkey or Veal Dressing (see receipts), highly seasoned. Tie a buttered paper over the open end and bake in a small pan with pepper, salt, and a little boiling water. Bake 2 hours, basting often. When nearly done, remove the paper and let the top brown; blend a little corn-starch with cold water, stir it into the boiling gravy; boil 3 minutes, strain, skim, season, and pour it over the heart. Garnish with onions that have been first boiled, then sprinkled with salt, pepper, and sugar, and browned in the oven.

PORK.

ROAST PIG.

COCHON DE LAIT RÔTI.

1 pig 3 weeks old,
3 teaspoons of chopped sage,
½ saltspoon of pepper,
4 times the bulk of onions in bread-crumbs,
2 large onions, minced,
2 ounces of butter,
1 saltspoon of salt,
1 egg.

The pig should be well cleaned, skinned, and washed. Make a dressing of the above ingredients; fill the pig with it, and sew up with strong thread, trussing the front legs forward, the hind legs up against the body as if lying down. Put a clean bit of wood between the jaws to keep them slightly open. Rub the pig all ovér with butter, pepper, and salt, then dredge with flour. Put in a pan in the oven; in the pan put a very little boiling water. The heat should not be too intense at first. It must cook slowly. Baste very frequently, especially as it comes near being done. When cooked (in about 3 hours), remove the bit of wood and replace it by the classic corn cob, or by a small red apple. Serve with Apple Sauce (see receipt). Eat, and imagine, if you can, that the shade of Charles Lamb is hovering over you. The dressing indicated may be replaced by plain mashed potatoes, or by a force-meat of veal, etc. (see receipts for Force-meats).

ROAST LOIN OF PORK.

LONGE DE PORC RÔTIE.

If the loin to be roasted is skinned, cover the top with buttered paper; if the skin is on it, which is preferable, score

with a sharp penknife in close lines down and across. This latter will make what old-fashioned people call the "Crack-lin'," and is very nutty. Rub the loin all over with powdered sage. Put it into a very moderate oven, with very little boiling water in the pan. Pork must always cook slowly and long. Allow fully 20 minutes to the pound in a moderate oven. Baste frequently, and when done, serve with Apple Sauce (see receipt).

BROILED PORK CHOPS WITH PICKLE SAUCE.

CÔTELETTES DE PORC GRILLÉES AUX CORNICHÓNS.

Use the rib chops. Clean off the handles; dip first in melted butter, then in bread-crumbs, and broil over a clear fire. Sauce for the same:

4 tablespoons of vinegar,
8 or 10 tablespoons of stock,
Corn-starch,
1 tablespoon of chopped pickles or capers,
Pepper,
Salt.

Boil the vinegar and stock together; while boiling, stir in just enough corn-starch blended with a little cold stock to make the sauce as thick as cream. Stir quickly and boil 3 minutes. Add pepper, salt, and chopped pickles or capers, and pour over the chops, which have been dished in a circle, with a frill on each chop handle. Serve.

PORK TENDERLOINS.

FILETS DE PORC SAUTÉS.

Split the tenderloins lengthwise, but do not separate the two halves. Spread them open; rub all over with powdered sage; sprinkle with pepper and salt. Have ready a very hot frying-pan with a teaspoonful of butter or sweet drippings melted in it. Lay in the tenderloins. In about 1 minute turn them. Do not leave them long on any one side. Sauté them until slightly browned and quite firm under pressure of the fork. They must be thoroughly cooked through, as pork should always be eaten well done. Serve with Apple Sauce (see receipt) or with grape or currant jelly.

PORK AND BEANS.

1 quart of white beans,
½ pound of salt pork cut in strips,
1 tablespoon of molasses,
1 large onion, cut fine,
Pepper and salt,
Cold water to cover.

Put all but the molasses in a pot. Stand for an hour or more at the side of the range to heat slowly. If the beans can be soaked overnight, then they may be brought to a boil more quickly and will take much less time to cook. Boil very slowly. It is advisable, when boiling, to throw in a gill of cold water from time to time. This makes the hearts of the beans cook more evenly with the outsides. When boiled perfectly tender, which will be from 3 to 6 hours, according to whether or not the beans have been previously soaked, drain off the liquor into a bowl; put the beans into a bake-dish with the molasses, and fill to their level with the liquor of the beans; bake in a very slow oven for about 2 hours. The top should be nicely browned, but not too dark, and the beans soft and creamy all through. For Boston Baked Beans, see receipt.

TO BOIL A HAM.

JAMBON.

Soak it overnight. If very dry, soak from 24 to 48 hours. Scrape well and put in a kettle on the fire, with plenty of cold water to cover it. Simmer gently from 5 to 8 hours, allowing about 18 or 20 minutes to the pound (see Time-table.) It is done when the small bone in the hock can be drawn out easily. Then set aside the pot for the ham to get cold in the water in which it was boiled. When nearly cold, carefully remove the skin. Do not cut, but draw it off. Dot the top all over with black pepper.

Or, brush the top with egg; cover with a mixture of bread-crumbs, pepper, salt, sugar, and a little made mustard. If mustard is used, mix the egg with the bread-crumbs and spread all over the ham; then set it in the oven until brown,

basting frequently with 2 tablespoonfuls of vinegar and a little boiling water in the pan. If very fat, the ham may remain some time in the oven with advantage, as the fat will melt out to a certain extent. Bake from 1 to 2 hours in a slow oven. Practical experience of this mode of treating a ham has proved entirely satisfactory.

LUNCH HAM.

Cut slices of cold, boiled ham; broil them; lay on a dish with 2 or 3 tablespoonfuls of hot vinegar, pepper, and a little chopped parsley.

HAM TOAST FOR BREAKFAST.

1 pint chopped lean ham,
1½ ounces of butter,
2 beaten eggs,
Toast. Pepper.

Melt the butter; lay in the ham. Season. When hot, stir in the eggs. Stir until they set slightly; then spread on slices of toast and serve. Be careful not to let the egg harden too much. Cold tongue may be used in the same way.

BROILED HAM.

JAMBON GRILLÉ.

Never, if you can avoid it, broil ham which has not been previously boiled. It is most unwholesome. Cut the slices not as thin as for frying, about ⅛ of an inch thick. Have the broiler very hot. Lay on the slices of ham, turning frequently, until thoroughly hot and slightly browned. Serve.

FRIED HAM.

JAMBON FRIT.

Same rule applies to this as to broiled ham; never fry ham unless previously boiled. It is unwholesome. Cut thin slices of ham; have the frying-pan heated very hot; lay the ham in, turning frequently to prevent hardening. When the fat is transparent, serve.

WESTPHALIA CROQUETTES.

CROQUETTES DE JAMBON À LA WESTPHALIE.

¼ lb. of finely-chopped ham,
½ gill of cream,
¼ teaspoon of pepper,
1 lb. of mashed potato,
2 ounces of butter,
Egg, lard, bread-crumbs.

Mix the ham with the hot potatoes; add the cream, butter, and pepper, also salt, but only if necessary. Mould into round balls, or long cylinder-shaped croquettes, 1 x 2½ inches; dip in beaten egg and fine bread-crumbs. Lay in a frying-basket and fry in deep boiling lard until golden brown (see General Directions for Frying). Serve in a pyramid on cut paper, garnish with parsley. For detailed directions for dipping, see Sweetbread Croquettes.

HAM SOUFFLÉ.

SOUFFLÉ AU JAMBON.

2 gills of ham, grated as fine as powder,
3 eggs beaten, whites and yolks apart,
1 teaspoon of parsley, chopped as fine as powder,
Pepper and a little salt.

Heat 1 dish, or several small soufflé cases. Mix together ham, parsley, yolks, pepper, and salt. Beat very hard and long. At the last moment add the whites beaten to a dry, stiff froth; beat together only just enough to mix. Fill the dish ¾ full and bake in a very hot oven from 6 to 10 minutes. 2 level tablespoonfuls of very thick Cream Sauce (see receipt) may be beaten up with the yolks of eggs, or may be omitted.

HAM PUFFS.

1 pint of water,
1 pint of flour,
⅔ teaspoon of curry-powder,
4 eggs,
3 ounces of finely-chopped ham,
Cayenne.

While the water is boiling, stir in the flour; beat well and stir until the stiff batter leaves the sides of the saucepan. Remove from the fire, and beat in the eggs 1 at a time; add

the ham, curry, a pinch of cayenne and a little salt, unless the ham is already salt enough. Have on the fire a pan of deep lard. Bring it slowly to a boil (see General Directions for Frying). When the lard is boiling, drop in the batter in bits ½ as large as a hen's egg. Fry golden brown; drain on soft paper, and serve in a pyramid on cut paper or a folded napkin, garnished with parsley; or use as a garnish for turkey, chickens, or veal. Note.—The lard should be deep enough to float the fritters, or they will not puff as they should.

HAM BALLS.

½ cup of cooked ham or tongue,
2 tablespoons of dried bread-crumbs,
1 tablespoon of chopped parsley,
Cayenne,
Yolk of 1 egg,
1 gill of milk.

Bring the milk to a boil; add to it the crumbs; stir it over the fire until it thickens. Add the ham finely chopped, parsley, cayenne, and the yolk of egg. Stir and mix well. Turn it out on the dish to cool. When cold and firm, form into small balls; roll first in egg, then in bread-crumbs and set in the ice-box for at least 1 hour. Heat deep lard to a boil. Put the balls in a frying-basket; plunge into the boiling lard and fry golden-brown (see General Directions for Frying). Then remove to a folded paper in the mouth of the oven for 1 minute to dry. Serve on a folded napkin. This is also a good garnish for chicken and a nice relish for breakfast.

HEAD CHEESE.

FROMAGE DE COCHON.

Having previously cleaned it thoroughly, put a pig's head into a large pot; cover with cold water. (It is assumed that the head has already been cleaned of all hair.) Bring it gradually to a boil, adding a large tablespoonful of salt. Boil until very tender, about 4 hours. Strip the meat from the bones; throw away the eyes, which are best removed after the head has been boiled 2 hours; chop the meat coarsely, reserving some strips of tongue whole. Season

highly with sage, black pepper, powdered cloves, allspice, mace, thyme, and sweet marjoram, and 1 gill of good vinegar. Meanwhile let the liquor boil down, and when the meat is all chopped, add a little of the liquor to slightly soften it. Rinse out bread-tins with cold water; put in the mixture, with the strips of tongue laid lengthwise; set away in a cold place to harden. A few bits of cold boiled smoked beef's tongue will also add to the marbled effect when cut in slices. The addition of a little of the liquor boiled down fills in the crevices with jelly. It will be ready for use as soon as it is quite stiff, from 6 to 12 hours.

SCRAPPLE.

Boil a pig's head as directed for Head Cheese with 4 quarts of water, a little sage, salt, and pepper. Cut the meat from the bones, rejecting the eyes; chop the rest quite fine and return it to the liquor. Add enough corn-meal to slightly thicken. Simmer 2 hours, when it should be of the consistency of soft mush, not too thick to pour. Watch carefully, and stir often to prevent scorching. Rinse out bread-pans in cold water; pour the mixture into the pans and set away to harden. When cold and stiff it may be sliced and fried for breakfast. The slices must be rather more than ½ an inch thick, and should be carefully turned with the cake-turner, as they break very easily. Serve very hot, and eat with a few drops of pepper-vinegar added at the table.

CREOLE SAUSAGES.

SAUCISSES À LA CRÉOLE.

1 pound of sausages (about 6 to a pound),
1 quart of tomatoes, or half a can,
1 clove of garlic, pounded,
1 teaspoon of salt,
¼ saltspoon of pepper.

Prick the sausages and lay them in a stew-pan with the tomatoes peeled and sliced, the garlic, and seasonings. Cover the saucepan closely and simmer gently 30 minutes. (The sauce may be slightly thickened with corn-starch.) Serve. Very nice for luncheon.

FRIED SAUSAGES AND APPLES.

SAUCISSES FRITES AUX POMMES.

Prick the sausages and fry, turning frequently to keep from hardening any one side. They will require about 20 minutes, and must not be cooked on too quick a fire. When the sausages are cooked, arrange them evenly in the centre of a hot dish. Have some sour apples cored and cut across in rings half an inch thick; fry until brown in the pan in which the sausages have been cooked, or in another pan with butter. When tender and slightly browned, dish around the sausages and serve hot.

SAUSAGES WITH PURÉE OF POTATOES.

SAUCISSES, PURÉE DE POMMES DE TERRE.

Prick the sausages and lay them in the bottom of a bake-dish. Make a very soft purée of potatoes. Pour this over the sausages; spread a beaten egg evenly over the top, and bake about 30 minutes. Serve in the same dish. Recommended.

HOME-MADE BREAKFAST SAUSAGE.

2 pounds of lean pork,
1 teaspoon of powdered sage leaves,
1 teaspoon of salt,
1 saltspoon of black pepper.

Chop the meat very fine, by the Enterprise Chopper if you have one. Season. Make into balls or cakes and fry brown in butter.

SAUSAGE ROLL.

1 pound sausage-meat,
Flour,
Lard,
Baking-powder,
Ice-water.

Make a rich Biscuit dough (see receipt). Put the sausage-meat in the middle of the paste, which you have rolled out about $\frac{3}{4}$ of an inch thick; spread out the sausage-meat to

both sides; roll the paste over this like a scroll; moisten the flap to make it stick. Lay it in a long, narrow bread-pan with the flap uppermost, and bake 20 to 25 minutes. Brush the top over with egg or milk and set back into the oven to brown. This is a very plain and old-fashioned dish, but very savory.

SAUSAGES WITH CABBAGE.

SAUCISSES AUX CHOUX.

Scald the cabbage after cutting it a little coarser than coldslaw. Throw off the water. Cover again with boiling water, and boil until tender, about 20 minutes. Fry the sausages, meanwhile, until about half done; then drain the cabbage; turn into it the sausages and also the fat that has melted out of them; cover and stew gently where it will not scorch until the sausages are quite cooked, about 30 minutes. Dish the sausages in the centre and make a border of the cabbage. Serve.

SOUSED PIG'S FEET, OR PIG'S PETTITOES.

Take 4 young and tender pigs' feet; cover with cold water. Bring to a boil, and cook gently until so tender that the bones may be drawn out easily. Remove the feet and sprinkle a little salt over them. When cold, lay them in a crock. When the liquor in which the feet have boiled is cold, skim it, and to 1 quart of the liquor add 1 quart of vinegar. Put it into a china-lined kettle and boil a few minutes with some whole peppers, cloves, and allspice, and pour it boiling over the feet. There should be liquid enough to cover the feet. Cover the crock; set in a cool place and they will keep for some time.

FRIED PIG'S FEET FOR BREAKFAST.

PIEDS DE COCHON FRITS.

Take out some of the feet prepared as above, removing from them all extra jelly; roll in flour. Have some hot but-

ter in a very hot frying-pan; lay in the feet and fry until brown on one side; then turn with a cake-lifter and brown the other side. There should be a crisp brown crust formed in this way. Remove with the cake-turner to a hot dish, and serve.

BACON IN BATTER FOR BREAKFAST.

Roll very thin slices of bacon in batter and fry in boiling lard. The bacon should be previously boiled and the rind removed. Serve alone or with fried chicken. See receipt for Fritter Batter.

FRIED BACON NO. I.

Having removed the rind, dip thin slices of boiled bacon in egg and bread-crumbs and fry in boiling lard. Drain dry and serve.

FRIED BACON NO. II.

Cut raw bacon in slices $\frac{1}{8}$ of an inch thick and 4 inches long. Cut off the rind. It should be fried only until transparent, not crisp. Tilt the pan to allow the fat as it melts to run down, so that the bacon shall not lie in it.

TOASTED BACON.

Cut the slices as above; lay them on a tin pie-plate and set the plate on the gridiron under the grate. It must tilt slightly, so that the bacon will not be greasy. Cook until transparent and slightly curled; or it may be crisped if desired.

TIME-TABLE FOR COOKING POULTRY AND GAME.

	Hour.	Minutes.
Turkey, oven.....per lb.		About 15
Chicken, 1 year old, oven.....per lb.		About 15
Turkey-chick, smothered in oven.....whole	About 1	
Grouse, oven, under-done.....whole		About 25
Partridge, oven, well-done.....whole		30 to 35
Rabbit or hare, oven.....whole		35 to 45
Saddle of venison, oven, very under-done.....per lb.		9
Haunch of venison, oven, moderately under-done, per lb.		10
Turkey, boiled very gently.....per lb.		15
Chicken, boiled very gently.....per lb.		15
Fowl (old), simmered very gently.....per lb.		20 to 30
Fowl (old), braised very slowly.....per lb.		20 to 30
Turkey, braised.....per lb.		15 to 30

POULTRY.

TO CLEAN POULTRY AND GAME.

First twist up a piece of newspaper and light it on the hearth; while burning, pass the chickens, held by the neck and feet, backward and forward over the blaze, turning until all the hairs are singed off. Cut off the feet just above the claws. Hold the legs in boiling water for 1 minute or 2, and scrape off the scales with a knife. The French people, who know better than any other nation what a real roast chicken is, always cut the legs as described, not at the first joint of the drumstick as we do. The chickens dressed in this manner present a much better appearance. Cut off the head; slit the skin of the neck down the back to near the shoulders; push it off toward the front, and cut the neck off quite close to the shoulders. This leaves a good flap of skin to fasten down later. Draw down the skin over the breast and take out the whole craw without breaking it. Make an incision under the rump, just large enough to let in the fingers to draw it easily. Take out all the entrails, being most careful not to break the gall-bag, or the whole chicken will have a bitter, disagreeable taste, rendering it practically unfit for eating. Do not wash or soak poultry or game unless you have broken the gall-bag, in which case it should be rinsed out quickly with water in which there is dissolved some baking-soda, allowing 1 teaspoonful to the quart. Rinse quickly and dry out thoroughly and immediately. It is a great mistake to soak poultry or game. It may be well washed be-

fore, but not after, being drawn, and if carefully cleaned, will require only to be wiped out with a wet cloth, then dried. It is now ready for use. Cut the liver from the gall-bag, being again very careful with this. Cut the heart open; remove any clotted blood. Draw off the outer covering of the gizzard, throwing away the inner sand-bag whole. Wash thoroughly and set aside for use. The above directions apply to all poultry and game, with the exception of cutting off the feet. In some of the smaller game the feet are left on; in other cases cut off; the directions will be given for such in its place.

TO TRUSS A FOWL WHEN DRAWN.

Cross the last joint of the wings above the first joint, and run 1 skewer through them and the body. Near the rump, each side of the opening made for drawing the fowl, make 2 incisions, through which, by pressing back the legs very gently and persistently, the ends may be slipped. Then sew up the first opening with soft cotton. Stuff the breast of the bird through the neck till the craw is filled out; turn under the flap of skin and skewer it to the back. *Or*, instead of treating the legs as above, tie them together at the first joint; press them up against the body and run 1 skewer through them and the body.

TO ROAST CHICKENS.

POULETS RÔTIS.

Select a pair of nice, young, but full-grown chickens about 1 year old. The skin should be smooth and tender; the breastbone pliable at the point. After being cleaned as directed, make a dressing of 1 cup of stale bread-crumbs, 1 tablespoonful of melted butter, 1 tablespoonful of chopped parsley, salt and pepper. Fill the craw only; turn the skin of the neck outside-in (like a glove-finger) as far as it will go, and fasten it on the under side with a skewer, unless you pre-

fer sewing it, in which case do not forget to remove the thread before serving the chicken. Now truss it. Put a large lump of butter into the body; sew up the incision made for drawing. Turn the chicken breast upward with the rump toward you. Push the legs up under the skin, cross them a little; run 1 skewer through legs and body. Turn the wings back. Run another skewer through them and the body of the chicken. Tie the legs together just below the drumsticks; twist the twine around the skewer, carry it up the back; wrap it round the ends of the wing-skewer and tie firmly. Note.—In dressing capons, etc., do not cross the legs. Put 4 slices of bacon in the roasting-pan; lay the chickens on them; rub the breasts with butter and put a tablespoonful of butter in the pan, adding not more than 3 or 4 tablespoonfuls of boiling water. They should be basted almost entirely with melted butter. Allow 15 minutes to the pound; that is, 1 hour for a pair of chickens weighing about 4 pounds each. Baste every 10 minutes; 15 minutes before they are done, baste with the butter, dredge with flour, and return to the oven to brown. If in danger of browning too quickly, omit the flour and cover with 1 sheet or 2 of thick brown paper. They should be evenly golden brown, if properly roasted. When done, the flesh will feel perfectly firm under pressure. Do not, on any account, pierce with a fork to ascertain this; it is perfectly possible without having recourse to such means. Never pierce cooked meat of any sort; feel it with the flat side of the fork or knife, and in a very short time experience will teach you. White meat, poultry, game, veal, pork, or lamb should all feel quite firm; all dark game and meats should feel elastic and springy, more or less according to the degree of cooking required. The softer they are the less they are cooked. Which means that white meats must be well-done all through, red or dark meats under-done.

Chickens may be trussed, if preferred, according to directions To Truss a Fowl. When done, remove the strings and skewers and place the chickens upon a hot dish.

Sauce: Put the giblets in a saucepan and cover them with cold water. Simmer gently as long as the chickens roast; chop the giblets fine; add 1 tablespoonful of flour to the pan in which the chickens were roasted; stir over the fire for 5 minutes; then add 2 gills of the liquor in which the giblets were cooked; stir until it boils. Add the giblets, pepper, and salt, and serve in a boat. Place a thick bed of water-cresses around the chickens and serve. Omit the giblet sauce and use the plain pan-gravy, if preferred.

N. B.—It is much better to use a Dutch oven, if possible, for the above. The time required is about the same as for the oven.

SMOTHERED CHICKEN.

For this mode of cooking, select a good-sized broiler, something between the little broiler and the year-old roasting-chicken. Singe, draw (see directions), and split it down the back. Wipe off with first a wet, then a dry towel. Spread it open, and hold it in shape by passing a skewer across through the wings, placing the liver under one wing, the gizzard under the other. Now lay it in a roasting-pan; put a quarter of a pound of butter cut in pieces, 2 or 3 tablespoonfuls of boiling water over the chicken, and sprinkle with salt and pepper. Cover with a second pan that will fit closely and keep in all the steam. Place in the oven and roast for about 1 hour (more or less according to the size of the chicken). When half-done, turn the chicken over and finish on the second side. When done, it should be gold-color, not brown. If you like, have a gridiron heated very hot, and when the chicken is done, lay it breast downward on the bars before the fire for 3 or 4 minutes, until it takes the marks of the hot bars. Then lay it on a hot dish; spread it thickly with butter; sprinkle with chopped parsley; let it stand about 2 minutes in a warm place to melt the butter; garnish and serve. Chicken treated in this way will be found to have all the sweetness of the ordinary broiled chicken and, at the same time, be more evenly cooked and juicy.

BROILED CHICKEN.

POULET GRILLÉ AUX CRESSONS.

For this purpose select the smallest chickens that come to market. Singe, draw, wipe clean, split, and spread, keeping in place with a skewer run through the wings and under side. Have the broiler very hot. Broil if possible under, not over, a clear, bright fire. A wood fire is the best by far for the purpose. Set the chicken with the under, or bone side, toward the hot coals. (If over the fire, turn a plate over the chicken.) Put a pan under the gridiron to catch the juices. Baste with melted butter. Broil about ⅔ of the time with the bone side toward the blaze. When nearly done, turn the breast toward the fire and broil until nicely browned; be very careful not to scorch. The time will vary according to the size of the chicken, the average being about 30 minutes. Serve with melted butter, pepper, salt, and chopped parsley; garnish with cresses.

BRAISED CHICKEN WITH MACARONI.

POULET BRAISÉ AU MACARONI.

Singe, draw, clean, and truss the chicken as directed for roasting. Melt a tablespoonful of butter in the frying-pan; when hot, lay in the chicken and turn until golden brown on all sides. Then proceed as for Plain Braise, thickening the gravy with a roux as directed. An average-sized fowl will require 2 hours; if old, longer; if young and tender, 1 hour and 15 minutes to 1 hour and 30 minutes. Meanwhile, boil half a pound of macaroni in salted boiling water for 20 minutes. When tender, drain it dry. While the macaroni is draining, remove the chicken from the pot to a hot dish; strain the sauce; return it to the fire; put the macaroni into it and simmer, not boil, for 15 to 20 minutes, until the macaroni has become thoroughly moistened with the sauce. Dish the macaroni around the chicken; pour

some of the remaining sauce over it, and serve the rest in a boat. The addition of 1 cup of tomatoes to the sauce when first put down to cook, will improve both its color and flavor.

BRAISED CHICKEN WITH CARROTS.

POULET BRAISÉ AUX CAROTTES.

Having dressed and trussed the chicken as directed, melt 1 tablespoonful of butter in the frying-pan; when it is hot, lay in the chicken, turning on all sides until evenly browned. Then cook it as directed for Plain Braise, adding 1 cup of tomatoes, 4 large carrots cut in strips and fried in butter, also a roux as directed. Serve with the carrots around the chicken, and the sauce strained and served in a boat.

BRAISED CHICKEN WITH JERUSALEM ARTICHOKES.

POULET BRAISÉ AUX TOPINAMBOURS.

Braise the chicken as directed above, thickening the gravy with a roux. Make a purée of Jerusalem artichokes thus: Select about 2 quarts of the largest artichokes; wash them and put them down to boil in a pot of boiling water. Boil 15 to 25 minutes, according to size, until tender. Drain, peel, mash through a colander; add salt and pepper, butter the size of a walnut, and cream to moisten the purée to the consistency of soft mashed potatoes. Failing cream, use the sauce of the chicken to moisten it. Return to the fire in a china-lined saucepan; when thoroughly hot, dish it around the chicken; strain some of the chicken-gravy over it, and serve the rest in a boat. *Or*, wash, peel, and boil the artichokes as directed; strain the gravy of the chicken; put chicken, artichokes, and gravy back into the pot and stew gently until the artichokes begin to melt away. This system is better with a fowl, as it will bear the prolonged cooking and be improved by it. In this case, add the artichokes at least 1 hour before the fowl should be finished. Delicious.

CHICKEN LIVERS SAUTÉ.

FOIES DE VOLAILLES SAUTÉS.

Put a lump of butter in a saucepan on the fire; add 1 onion chopped fine; fry until gold color; add the livers whole and some chopped parsley. Cook until firm, shaking frequently. Remove the livers to a hot dish. Add to the saucepan a little stock and a pinch of flour to thicken; stir and boil 3 minutes. Strain. Add salt, pepper, a little wine, and some fresh chopped parsley. Pour over the livers and serve with diamond-shaped Croûtons (see receipt) as garnish.

SPANISH CHICKEN.

POULET À L'ESPAGNOLE.

2 chickens,
4 small onions, chopped,
2 cans of tomatoes,
½ lady-finger pepper, without seeds,
Sprig of thyme,
2 slices of bacon or ½ lb. of ham,
2 gills of sweet oil,
1 clove of garlic,
2 bay-leaves,
Parsley,
Salt and pepper,
½ sweet Spanish pepper.

Singe, clean and joint the chickens as for fricassée. Bone the drumsticks. If old, remove the skin. Lay the pieces in ice-water and 1 tablespoonful of vinegar for 1 hour. Put the oil (or sweet drippings) into a large frying-pan. Put in first the largest pieces of chicken, and then the smaller. Put the breasts with the meat downward. Fry until a delicate gold color. Remove the pieces as they brown to a large stewpan. Add the onions, etc., etc., the bacon or ham to be cut in narrow strips. Stew for 1 hour, if the chickens are very young; from this to 2 hours and 30 minutes, according to the quality of the chickens. They must become perfectly tender. Remove the chickens and pieces of ham. Dish first the inferior pieces and finish with the best. Strain the sauce. Return it to the fire and boil rapidly for 15 minutes longer. If not thick enough, add a very little corn-starch blended with a few drops of cold water, and boil 2 minutes. Pour some of the

sauce over the chicken, serve the rest in a boat. Decorate the dish, if you want to make it as attractive to the eye as it is pleasing to the palate, with diamond-shaped Croûtons (see receipt), mushrooms, quarters of hard-boiled eggs, olives, etc. These latter are not essential. The above receipt resembles very much the Poulet à la Marengo, but is much easier to make.

CHICKEN SOUFFLÉ.

2 gills White Sauce (see receipt),
Salt,
Pepper,
3 yolks of eggs.
3 whites beaten to a stiff froth,
½ lb. of cold chicken.

Boil the sauce till it forms a thick paste. Cut the chicken very fine and rub it through a sieve ; or pound it in a mortar before passing through the sieve. Mix it with the sauce and seasoning. Beat in the yolks of eggs. Heat and butter 1 bake-dish or several small soufflé-cases. At the last moment stir the whites of eggs very lightly into the mixture ; fill the dish ¾ full and bake in a very hot oven 8 to 12 minutes. The flavor of the above may be varied by passing mushrooms through the sieve with the chicken, observing the same proportions. This dish must be eaten immediately, as standing spoils it.

FRICASSÉE OF CHICKEN. I.

FRICASSÉE DE POULET I.

2 chickens,
1 clove of garlic,
Pepper and salt,
1 onion,
1 teaspoon of butter,
3 tablespoons of cream,
2 carrots,
Juice of half a lemon,
1 quart of cold water,
Bunch of parsley,
Small piece of pork,
1 gill of flour,
3 yolks of eggs,
White wine and mushrooms may be added.

Cut the chickens, when cleaned, in pieces. Use the finer parts for the fricassée ; the coarser parts for the sauce. Put the coarser pieces into a china-lined saucepan with the water, spices, onion, parsley, pork etc. Simmer 30 minutes, then add the finer pieces. Let them boil slowly until done, from 1 to 2 hours according to the quality of the chickens. They

must cook very slowly. When very tender, take out the finer pieces; keep them warm while you prepare the sauce. Strain the gravy; skim. Return it to the fire. Blend together the butter and flour over the fire in another saucepan; do not let them brown. When well blended, add some of the boiling gravy and stir until perfectly smooth; then add the rest of the gravy. Stir and boil 4 or 5 minutes. Remove from the fire and stir in quickly the yolks of eggs beaten up with the cream. Add the lemon-juice. Do not boil again after the eggs are added or it will curdle. Add wine to taste and mushrooms, if liked. Serve in a border of rice or mashed potatoes with sauce poured over the chicken.

A DAINTY CHICKEN FRICASSÉE. II.

FRICASSÉE DE POULET II.

Fricassée your chicken (see receipt). To the rich creamy sauce, add just enough curry-powder, rubbed smooth, to flavor the sauce slightly and to give it a pretty yellow tint. Have some Boiled Rice (see receipt); when it is dry, add to it just enough stewed, strained tomato-juice to make it a pretty light-red. Make a wall of this around the edge of the dish; in the centre place the pieces of chicken, the coarser parts below, the best on top; pour over this the yellow sauce. Sprinkle a little finely-chopped parsley over; stick little sprigs of fresh green parsley at even distances around between the yellow and pink; garnish the edge of the dish with hard-boiled eggs cut in quarters, and you have, with very little trouble, a dish equally pleasing to both palate and eye.

CHICKEN STEW WITH VEGETABLES.

2 fowl, trussed whole,
2 ounces of butter,
1 pint of sweet corn,
3 slices of bacon, cut in strips,
1½ pints of cold water,
¾ tablespoon of flour,
1 pint of lima beans,
Salt, pepper, and cayenne.

Having cleaned and trussed the fowl as directed (see receipts), put them in a stewpan with cold water. When it

simmers, add the butter and flour rubbed together until smooth; the corn cut from the cob, the limas, bacon, salt, pepper, and a pinch of cayenne. Let all stew slowly together until done. If the fowl are tough, however, they will need 2 hours or even 2 hours and 30 minutes, in which case the vegetables should not be added until about 1 hour before the fowl are to be done. If young chickens, they will not require more than 1 hour to 1 hour and 30 minutes, according to size. Serve the fowl in the centre of the dish with the vegetables around, and the sauce in the boat.

CHICKEN STEW WITH DUMPLINGS.

1 chicken,
3 pints of cold water,
Butter, salt, and pepper,
1 large onion, cut fine,
1 carrot, cut fine,
½ turnip, " "

Cut up the chicken as for fricassée. Put it into a stewpan with cold water, and let it come to a boil. Put the vegetables into a frying-pan, with 1 tablespoonful of butter, and fry until brown, but not burned. Add a few tablespoonfuls of boiling water; cover and stew until tender. Then mash them through a strainer into the saucepan containing the chicken. Simmer very gently until the chicken is tender. An old fowl will require fully 2 hours or more; a young chicken about 1 hour. About 12 minutes before serving, bring to a brisk boil, and drop in the Dumplings (see receipt). Cover the saucepan; boil rapidly 10 or 12 minutes. Remove the dumplings, and keep them warm while you dish the chicken. Pour the gravy over; place the dumplings around the dish, and serve. N. B.—Take care that the sauce does not scorch while the dumplings are cooking, as this happens very easily.

CHICKEN CURRY.

POULET AU KARI.

1 chicken of about 3 pounds,
3 tomatoes, or 1 cup of canned,
1 cup of new milk,
2 large onions, cut fine,
¼ cup of butter,
Pinch of cayenne,
About 1 teaspoon of curry-powder.

Fry the onions in butter until brown, but do not burn. Add the chicken, cut up as for fricassée, and the other

Ingredients, reserving the curry. Cover tightly, and simmer gently 1 hour, stirring occasionally. Add the milk. Bring to a boil. Mix the curry and one teaspoonful of corn-starch with a little cold water. Stir it into the boiling sauce. When it has boiled two minutes, remove and serve in a Rice Border (see receipt). Note.—The time allowed is for a young chicken. The quantity of curry-powder used must depend upon its strength.

CHICKEN SAUTÉ WITH PEAS.

POULET SAUTÉ AUX PETITS POIS.

Pieces of cold chicken,	2 ounces of butter,
Pepper and salt,	Pinch of ground mace,
1 dessertspoon of flour,	2 gills of stock,
1 pint of fresh peas,	1 teaspoon of powdered sugar.

Cut the chicken into neat dice, not too small. Melt the butter in a saucepan; lay in the pieces of chicken; sprinkle with pepper, salt, and a pinch of mace; toss the chicken until of a nice light brown. Dredge in the flour; stir it around; then add the stock and peas, and stew until the latter are tender—about 20 minutes, if young. Add the sugar and more pepper and salt if necessary. Place the chicken in the centre of a hot dish, the peas around, and the gravy over all. Garnish with large Croûtons (see receipt).

FILLETS OF CHICKEN.

FILETS DE POULETS SAUTÉS.

1 chicken,	Flour,
Salt and pepper,	4 tablespoons of butter,
3 gills of milk,	Pinch of mustard,
1 tablespoon of flour,	Purée of peas or potatoes for garnishing.

Remove the white meat from the breastbone, 1 solid piece from each side. Bone the legs and thighs, making 1 piece of each; that is, 4 fillets to each chicken. Remove the skin. Flatten with the potato-masher. Season with salt and pepper. Dredge with flour. Melt in the frying-pan ½ a tablespoonful of butter for each fillet. When hot, lay in the

fillets, and fry until light brown, for about 20 minutes, turning often. Remove to a hot dish. Add 1 to 2 tablespoonfuls more of butter to what remains in the pan. When melted, stir in 1 tablespoonful of flour, and continue to stir until slightly browned. Then add slowly the boiling milk, stirring smooth. Season. Boil 1 or 2 minutes, stirring always. Have ready in the centre of the dish, a Purée of Peas (see receipt). Set the fillets around neatly; strain the sauce over the chicken and serve.

CHICKEN SAUTÉ WITH MUSHROOMS.

POULET SAUTÉ AUX CHAMPIGNONS.

Prepare exactly as Chicken Sauté with Peas, substituting fresh or canned mushrooms for peas. If canned mushrooms are used, they should cook only just long enough to heat thoroughly; therefore do not add them until a very few minutes before the chicken is ready to serve.

CHICKEN SOUFFLÉ NO. II.

1 pint of cold chicken, chopped very fine,		3 eggs,	
1 tablespoon of butter,		1 pint of new milk,	
1	" of chopped parsley,	Pepper and salt,	
1	" of flour,	1 gill of stale bread-crumbs.	

Melt the butter in a saucepan and add the flour. Mix very smooth. Stir the boiling milk by degrees into the flour and butter; stir until it boils 2 minutes; add white crumbs; stir and boil 1 minute. Remove from the fire; add seasonings, chicken, and the yolks of the eggs well beaten. Stir together rapidly until evenly mixed. Beat the whites to a stiff froth, and stir them carefully into the mixture, raising the latter always from the bottom with a spoon; then give 1 or 2 brisk turns with the spoon; have a greased bake-dish heated; pour the mixture into it, and bake in a quick oven 20 to 25 minutes. Serve immediately or it will fall. N. B.—The chicken must be chopped as fine as powder, or pounded and rubbed through a sieve.

CHICKEN EN MATELOTE.

MATELOTE DE POULET.

1 chicken,	1 carrot, cut in dice,
1 quart of stock,	1 onion, " " "
1 chicken liver, rubbed fine,	1 parsnip, " " "
1 tablespoon of capers,	Salt and pepper,
½ pound of mushrooms,	Butter and flour.

Joint the chicken as for fricassée. Rub the pieces with butter, and roll them in flour. Put them in a pan in the oven to brown. Meanwhile fry the vegetables in butter for 20 minutes. When the chicken is brown, in about 20 minutes, put it and the vegetables into a stewpan with the broth or same quantity of water. Add the liver, capers, salt, and pepper. Cook gently for ¾ of an hour. Then add the mushrooms, cut not too fine. Simmer 15 minutes longer. If the gravy is not thick enough, after removing the chicken to a hot dish, bring it to a brisk boil; stir in about 1 teaspoon of corn-starch, rubbed smooth with a little cold water; stir and boil 2 minutes, and pour over the chicken. Serve with a border of macaroni, rice, or mashed potato. The above receipt is for a tender young chicken.

BEIGNETS OF CHICKEN À LA TARTARE.

BEIGNETS DE POULET À LA TARTARE.

Pieces of cold chicken,	Lard, pepper, and salt,
Fritter batter,	Tartare Sauce.

Cut the chicken into neat, even pieces, about 1 x 2 inches. Have the lard deep enough in the pan to cook the beignets without allowing them to touch the bottom. Dip the pieces of chicken into Fritter Batter (see receipt). Note.—The batter should be very thick. Drop them into the boiling lard, and as they become pale golden-yellow, skim them out and lay on a piece of paper in mouth of the oven until dry. Serve in a pyramid on a cut paper or folded napkin. Garnish with a bunch of Fried Parsley (see receipt), and serve

with a Tartare Sauce (see receipt). The beignets should puff like dough-nuts. A very good addition to the above is half the quantity of ham cut in strips and fried with the chicken.

MARYLAND CHICKEN WITH CORN DODGERS.

2 young chickens,	Cream,
Lard,	Pepper,
Parsley,	Salt,
Cold corn-meal mush,	Flour.

The chickens for this must be young and tender. When cleaned, joint them as for fricassée. Have the lard quite deep in the frying-pan and bring it to a boil. Having made sure of this important point, wipe the chicken and drop the pieces into the boiling lard. Fry until well browned and cooked through, from 15 to 25 minutes, according to the size of the pieces. The thick pieces of breast, etc., will take longer than the others. As the pieces are cooked, remove to a hot dish. When all are done, pour off the top of the lard, leaving in the pan any gravy of the chicken that may remain. Return the pan to the fire and pour in about 2 gills or more of cream. Dredge in a little flour; stir; bring it to a boil, and let it boil 3 minutes. Season with pepper and salt. Pour this over the chicken. Sprinkle over the top some finely-chopped parsley. Have ready firm, cold corn-meal mush. Cut it into slices fully $\frac{1}{2}$ inch thick; cut these into even, diamond-shaped pieces; dip them lightly in egg, cover with flour, and fry in butter. Garnish the edge of the platter with these corn dodgers, and serve. This receipt came from the land of Maryland chicken.

PEBRE (SPANISH).

Pieces of cold chicken,	Sweet oil,
2 cloves,	Lemon-juice,
Salt,	Pinch of saffron.

Cut in pieces the chicken which has been previously boiled with salt and whole peppers. Bring the sweet oil to a boil.

Drop in the pieces of chicken. Brown slightly. Add the seasonings. Moisten with some of the broth in which the chicken has been boiled. Cover. Boil up once and serve. Garnish with large Croûtons (see receipt).

ASADO (SPANISH FRICASSÉE).

1 chicken, whole,
Salt and cayenne,
Pinch of saffron,
1 clove of garlic,
1 slice of ham,
Corn-starch.

Put the chicken, when it is cleaned and trussed, into a pot of boiling water. Skim as it boils. The water should cover the chicken, but no more. Add the other ingredients. When tender, which will depend entirely upon the age of the chicken, say after 1 to 2 hours' boiling, take out the chicken, put it into a colander over hot water, and let the sauce boil down until of a good strength, which will take from 15 to 30 minutes. Strain. Return to the fire, and when boiling, add corn-starch rubbed up in cold water until the sauce is as thick as cream. Dish the chicken and the ham; pour some of the sauce over it and serve the rest in a sauce-boat.

CHICKEN À LA REINE.

POULET À LA REINE.

2 chickens,
¼ pound of salt pork, cut in pieces,
1 carrot, cut fine,
1 onion "
Salt and pepper,
Flour,
2 quarts of broth or water,
Bunch of sweet herbs.

Clean and truss young chickens as for roasting. Dredge with salt, pepper, and flour. Lay half of the pork in the bottom of a stewpan which will fit in the oven. Put the carrot and onion with the pork, and stir over the fire until beginning to brown. Then put in the chickens; cover with the remainder of the pork. Cover the saucepan air-tight, and set in the oven for 20 minutes. Then add the boiling broth or water and bunch of herbs. Dredge with flour.

Cover again and return to the oven. After 1 hour turn the chickens over. Cook in all about 2 hours in a moderate oven. Dish the chickens and keep warm while you boil down the gravy briskly. Skim, strain, and pour over the chickens. Serve. N. B.—Roasting fowl can be used for the above receipt.

DEVILLED CHICKEN EN CAISSES.

POULET DIABLE EN CAISSES.

1 pint of cold chicken or turkey, minced,
1 tablespoon of butter,
¼ pint of cream,
1 tablespoon of chopped parsley,
2 tablespoons of fine bread-crumbs,
Cayenne and salt,
¼ nutmeg, grated,
3 hard-boiled eggs.

Melt the butter in a frying-pan; add the bread-crumbs, cream, chicken, and seasonings. Stir until it boils. Serve in paper cases, casseroles, or shells. Fill the cases. Press the yolks of the eggs through a sieve with a potato-masher. Cover the surface of the chicken with this powdered egg, and serve. *Or*, chop the eggs fine and add to the mixture, covering the surface in this case with bread-crumbs and bits of butter; set in the oven until slightly browned, and serve. Chopped mushrooms may be added to the above.

Cold veal or lamb may be substituted for the chicken in the same proportions.

CHICKEN WITH RICE AND TOMATO SAUCE.

FRICASSÉE DE POULET, SAUCE TOMATE.

Singe, draw, clean a 4-lb. chicken or fowl; cut it in joints as for fricassée. Put into a stewpan; half cover with boiling water, and simmer. Add ½ cup of washed rice, 1 teaspoonful of salt. Boil gently until the chicken is tender, 1½ or 2½ hours, according to age. Place the chicken in the centre of a dish with the rice around. Make a rich Tomato Sauce (see receipt) and pour over the chicken. Macaroni may be substituted for the rice.

CHICKEN PÂTÉ JELLIED.

PAIN DE VOLAILLE.

½ cold boiled chicken, chopped very fine,
4 sausages, chopped very fine,
Grated bread-crumbs,
Pepper and salt,
Salt pork,
3 eggs,
Nutmeg,
Lemon-juice,
1 gill of wine, white or red.

Remove the chicken from the bone; remove the skins of the sausages, and chop both as fine as paste. Use an Enterprise Chopper if you have it. The bulk of bread-crumbs should equal that of the chicken, as should also the bulk of sausage meat, that is, about ⅓ of each. Mix all well together; add the seasonings to taste. Meanwhile boil in a saucepan the bones of the chicken, covered with boiling water, 2 cloves of garlic, 3 cloves, and 6 allspice. When it has boiled long enough to be well flavored, about 30 minutes, use some of the water to moisten the pâté. Lastly, add the wine and eggs; mix thoroughly. Line a tin mould with straight sides with thin slices of salt pork, covering every part of the surface. Pour in the mixture; cover also with thin slices of pork. Tie over the top a well-buttered paper, and put in a very moderate oven for about 1 hour, or a little longer, until set perfectly firm. The oven must neither be too quick, or the loaf will crack, nor to slow, or the loaf will be dried out. When done, set away to cool. When cold, turn out of the mould, remove the slices of pork, and serve surrounded with jelly. *Or*, having rinsed the same mould in cold water, fill it to the depth of a ½ inch with jelly (use jelly as directed for Jellied Tongue). When this is firm, set in the pâté; fill the remaining space between the pâté and sides of the mould with the liquid jelly, and set away to harden. Pour some of the same jelly into a shallow dish and set away also. When ready to serve, turn the jellied pâté out carefully, crumb the the jelly in the shallow dish with a fork, arrange it tastefully around the base of the pâté, and serve. Decorate and garnish to taste. Recommended.

CHICKEN CROQUETTES NO. I.

CROQUETTES DE VOLAILLE I.

2 chickens, boiled,
1 pair of brains, boiled,
1 cup of chopped suet,
1 lemon, juice and grated rind,
Cream, or same quantity of White Sauce,
1 nutmeg, grated,
Salt,
2 sprigs of parsley, chopped,
1 small tablespoon of grated onion,
Black pepper and cayenne.

Chop or grind the meat as fine as possible (use Enterprise Chopper if you have it); mix all well together and add enough cream or thick White Sauce (see receipt) to make it quite soft. The white sauce is best, as it hardens when cold, enabling you to mould the croquettes much more easily. When subjected to the heat of frying it becomes soft and creamy again. After making the croquettes a few times you will ascertain by experience exactly how the mixture should feel to the touch. To mould the croquettes into shape when the mixture is cold, have on the table by you a plate of flour, a saucer of beaten egg, and a deep bowl of sifted bread-crumbs. Flour your hands well; take a tablespoonful of the meat, roll it between the palms of your hands, and shape evenly and neatly. Do not make them too narrow for their length or they may break in frying: say 1 x 2½ inches. Dip them first in the egg, then in the crumbs, keeping them well shaped, covering with just as much crumb as they will take up. Then place on a flat dish, separate from one another that the air may reach all parts. Set away in the ice-box for at least 1 hour. Use only 1 hand for the bread-crumbs, if possible, and 1 for the eggs, or you will soon find yourself with thimbles of dipping on all 10 fingers. This amount of croquette-meat will make about 24 medium-sized croquettes. When ready to cook them, have deep lard boiling in a kettle. Use a frying-basket. Lay the croquettes in the basket and proceed as directed in General Directions for Frying. When golden brown, skim out and lay on a clean piece of paper in the mouth of the oven to dry. When dry, dish tastefully on a cut paper or folded

napkin. Garnish with a large bunch of Fried Parsley (see receipt).

N. B.—Boil the brains previously as directed (see receipt). The croquettes should be as soft as thick cream in the inside when served, with a delicate gold-colored covering outside.

PLAIN CHICKEN CROQUETTES NO. II.

CROQUETTES DE VOLAILLE II.

¼ pounds of cold chicken, chopped fine,
½ pound of mashed potatoes,
2 tablespoons of cream,
Pepper, salt,
1 tablespoon chopped parsley
2 ounces of butter,
1 egg,
Nutmeg.

Mix well, form into balls, dip in egg and bread-crumbs (see Chicken Croquettes), and fry in boiling lard (see General Directions for Frying). Excellent.

JELLIED CHICKEN.

CHAUD-FROID DE VOLAILLE.

Boil a fowl in just water enough to cover it; add to it 1 clove of garlic, 4 cloves, 6 allspice, ½ teaspoon of salt, and 1 bay-leaf. Boil until the meat is ready to fall from the bones. Pick off the meat; chop very fine (use Enterprise Chopper if you have it), and season with salt and pepper. Rinse out a smooth mould in cold water. Lay in the bottom some slices of cold hard-boiled egg, then a layer of the chopped chicken, another layer of egg, another of chicken, and so on until the mould is filled. Boil down the broth of the chicken to about 3 gills; strain; season with pepper, salt, and cayenne if necessary; pour over the chicken. Set away in a cold place for several hours until firm, then turn it out and serve with salad. This is a good dish for tea. *Or*, when the liquor is ready to pour over the chicken, let it cool, and add to about 2 gills of it the same quantity of rich Mayonnaise Sauce (see receipt). Fill the mould with this mixed with chicken; set away to harden; turn out and serve with a salad.

DEVILLED CHICKEN.

POULET À LA DIABLE.

The chicken must be boiled tender in salted water. When cold, cut in even pieces; dip into melted butter and broil.

Sauce for same:

1 teaspoon of made mustard, 2 tablespoons of Worcestershire sauce,
3 tablespoons of vinegar.

Bring to a boil together and pour over the chicken. Any pieces of cold chicken may be used for this dish, but must not be cut too small.

CHICKEN JELLY.

Having made a good Chicken Consommé (see receipt), let it stand until cold; remove all fat, and to 1 quart of this add:

The pared rind and juice of 1 lemon, 1 pinch of cayenne,
2 even teaspoons of salt, Whites and crushed shells of 2 eggs.

Beat the whites sufficiently to mix them, but not to a froth; mix all well together; heat it slowly; let it boil briskly for 10 minutes; set on the hearth 5 minutes to settle, then pour it through a jelly-bag. Do not squeeze the bag. Rinse a bowl or mould in cold water; pour the jelly in, and set away to harden. If the consommé has not jellied when cold before clearing it, it should be boiled down at least ½; or else, melt gelatine in a little cold consommé, allowing 1 box of gelatine to 3 pints of jelly. Stir it into the boiling jelly with the whites of eggs. Strain as above. This will insure a firm jelly.

CHICKEN WITH TOMATOES.

POULET FARCI AUX TOMATES.

Having cleaned a fine, young, roasting-chicken, fill it with a Ham Force-meat (see receipts). Truss, and lay it in a

roasting-pan with 6 tablespoons of sweet oil, pinch of salt, and juice of 1 lemon. Baste frequently, allowing about 15 minutes to the pound in a moderate oven (see directions for Roast Chicken). Have ready a rich Tomato Sauce (see receipt). Dish the chicken; pour the tomato sauce into the pan with the oil, etc., that remains from the roasting; boil down rapidly for 3 or 4 minutes, and pour over the chicken. Spanish receipt.

BOILED CHICKEN WITH WHITE SAUCE.

POULET AU BLANC.

Singe, clean, and truss a fowl whole, as directed for roasting. Put it into a saucepan with cold water to cover. Add the same seasoning as for Fricassée of Chicken, and finish the sauce exactly according to same receipt. The fowl will require from 1 hour and 30 minutes to 3 hours, according to age and toughness. The older it is, the more gently it should be simmered. Pour some of the sauce over the fowl. Serve the rest in a sauce-boat.

CHICKEN WITH TARRAGON SAUCE.

POULET À L'ESTRAGON.

Prepare exactly as directed above, adding to the sauce a few small sprigs of fresh tarragon about 10 minutes before serving. Pour some of the sauce over the fowl, and serve the rest in a sauce-boat.

CHICKEN À LA TERRAPIN.

Cut cold boiled chicken in 1 inch dice. Make a Terrapin Sauce (see receipt). Put the chicken in the sauce, and set away for at least 6 hours, if possible. When required, warm the chicken in a bowl over a vessel of boiling water (*bain-marie*). It will take at least 30 minutes to heat, and must not boil.

COCK-A-LEEKIE.

POULE AU RIZ.

1 fowl,	1 cup of rice,
6 leeks,	Flour,
1 bay-leaf,	Butter,
Salt,	½ inch piece of red-pepper pod.

Draw, clean, and truss a fowl as for roasting (see directions). Put it into an iron pot. Cover with cold water. Add the leeks, pepper-pod (without seeds), bay-leaf, and salt. Cover. Bring to a boil, then set where it will simmer gently for 1 hour. Then add the rice, well washed, and boil steadily, but gently, for 1 hour longer. Dish the fowl. Strain out the rice and leeks and heap around the fowl. Return the broth to the fire. Now blend together over the fire about 1 tablespoonful each of flour and butter; do not brown. Stir in enough of the boiling chicken-broth to make the sauce as thick as rich cream. Pour this over the fowl. Garnish and serve. Should the fowl be very tough, allow 15 to 30 minutes longer cooking *before* adding the rice.

TO ROAST A TURKEY.

DINDE RÔTIE.

Clean and prepare the turkey as directed, trussing it according to Directions for Trussing a Fowl. A young hen-turkey is best for roasting. Before trussing it, fill the craw with any of the Dressings (see receipts) you may fancy; chestnut stuffing is highly recommended, if obtainable. It is generally advisable not to stuff the body unless the dressing selected is very moist and not too high-flavored, which would take away from the delicate quality of the bird itself. However, that is a matter of taste; but it is urged that the body should not be filled with any *dry* stuffing, or the juices of the bird will be absorbed by it and the meat greatly injured in quality. It is recommended to put into the body of the turkey its own liver and a large spoonful of butter.

After the turkey is trussed, dredge thoroughly with flour, rubbing it in with the hand. Set it in the roasting-pan; put 2 large tablespoonfuls of butter and about 4 tablespoonfuls of boiling water in the pan; set the pan in the oven (unless you are equipped for roasting before the fire in the good, old-fashioned way). The oven must be moderate. A second pan should be placed over the turkey to prevent the breast-bone from browning and perhaps burning, before the turkey is thoroughly done. Baste very frequently, and watch with a most solicitous and careful eye that the fire is not hot enough to burn, or cool enough to dry out the turkey. One weighing, before cleaning, about 8 pounds, should be allowed 1 hour and 30 to 45 minutes, or rather more than 10 minutes per pound. A very large turkey, not less than 3 hours. When nearly done, remove the top pan and baste again, until well-browned all over. Then take the turkey from the pan; set the pan on the top of the range; add a small pinch of flour, a little boiling water, and stir; add the giblets and liver (previously boiled), the former chopped, the latter mashed. Stir 2 or 3 minutes; add salt and pepper and serve in a sauce-boat. Garnish the turkey with cresses or parsley.

N.B.—If your turkey is not young and tender, do not attempt to roast it. In that case, cook it according to receipt for Plain Braise, Turkey En Daube or Boiled Turkey (see receipts).

TURKEY-CHICK.

DINDONNEAU.

This is a most dainty and delicate dish. The turkeys should weigh from 2 to 3, or at most 3½ lbs. They are then in perfection. Split one down the back, after having cleaned it as directed (see Directions for Cleaning Poultry). Spread it open, exactly as a chicken for broiling. Rub it all over with butter; lay it in a roasting-pan; put 2 tablespoonfuls of butter in small bits over it, and about

3 tablespoonfuls of boiling water in the pan. Cover it with another pan that will fit it air-tight, to keep in the steam. Place this in a moderately-quick oven. Baste it occasionally, closing again tightly and quickly. It will take from 45 to 60 minutes. When cooked, dish it; pour the butter from the pan over it; sprinkle with salt and pepper; garnish with cresses or parsley, and serve either with Cucumber Salad, Celery Mayonnaise, or with a mayonnaise of tomatoes, especially if the latter are from the hot-house, or *Primeurs*. If served as an entrée, instead of taking the place of game or roast at dinner, it is excellent with Chestnut Sauce (see receipt), but is best as first indicated. In Europe this is considered a great delicacy, but is not as yet sufficiently known or appreciated in this country.

TURKEY EN DAUBE.

DINDE EN DAUBE.

Large hen-turkey, not too young,
Bunch of parsley,
Bunch of thyme,
Bunch of celery leaves,
Chervil,
Bouquet of sweet herbs,
6 gills of broth,
1 bay-leaf,
Slice of salt pork,
Half calf's foot,
2 onions, sliced,
2 carrots, "
10 cloves,
1 clove of garlic,
2 tablespoons of brandy,
1 pint of white wine,
Pepper and salt.

Clean and dress your turkey, which should not be too young, or it will go to pieces before being properly cooked. If liked, lard the breast with strips of salt pork, salt, pepper, parsley, chervil, and thyme; but this may be omitted. Fill the craw with one of the various Dressings (see receipts). Sew up and truss as directed. Lay in the bottom of a deep, large iron pot slices of fat pork, the calf's foot, salt, pepper, onions, carrots, herbs, etc. On this bed, lay the turkey. Pour over it the broth, brandy, and white wine. Cover. Wring out a clean cloth in hot water, and twist it around the lid to prevent the escape of steam. Simmer *very* slowly

for fully 5 hours, or more, if old, turning it once with great care when about half cooked. When done, lift the turkey out upon a hot dish; skim and strain the sauce; pour some over the turkey, serve the rest in a sauce-boat. When set away to cool, put the turkey in a large bowl; pour all of its sauce around, and it will become jellied. This, although apparently an elaborate dish, is, in fact, perfectly practicable, and the result is, a Christmas turkey fit for a king.

BOILED TURKEY.

DINDE, SAUCE BLANCHE.

Select by preference a hen-turkey. Draw it carefully (see directions). Rinse it out with cold water and a pinch of baking-soda. Wipe dry. Truss it (see directions). Stuff the craw with a dressing of oysters (see Force-meats), with celery cut in ½-inch pieces added to the force-meat. Rub the bird all over with lemon-juice, to whiten the skin, and lay it in boiling water; or, better still, flour a cloth and tie the turkey in it. Boil very slowly, allowing 15 to 20 minutes to the pound. The older and tougher the turkey, the more gently it must cook, and the longer; then it will not be stringy. Serve with Oyster and Celery Sauce (see receipts). Miss Leslie says: "With a turkey (boiled) there should be on table a ham or a smoked tongue." This is an old-fashioned custom, and one which we cannot improve upon. If not boiled in a cloth, the broth from the turkey will make an excellent soup next day, boiled down with rice, vegetables, and seasonings.

A dressing of Sausage Force-meat may be substituted for the above, if preferred.

ROAST TURKEY WITH TRUFFLES.

DINDE TRUFFÉE.

For this, select a fresh, young hen-turkey. Singe and draw as directed. Cut 1 pound of lean ham into dice; set

it over the fire in a saucepan; when hot, add 2 pounds of fresh truffles (the very best to be had), ¼ of a nutmeg, ¼ of a teaspoonful of white pepper, and 1 bay-leaf; stir over the fire for 15 minutes, and set away to cool. When cold, put 2 tablespoonfuls of the mixture into the craw of the turkey; put the remainder into the body of the turkey. Sew it up. Truss, and hang it in a cool, dry place for about 5 days in winter; in warmer weather, 2 days. Roast as directed for Roast Turkey, and serve with Truffle or Madeira Sauce.

ROAST TURKEY WITH MUSHROOMS.

DINDE RÔTIE AUX CHAMPIGNONS.

Proceed exactly as for Roast Turkey with Truffles, (see above), substituting mushrooms.

ROAST CAPON.

CHAPON RÔTI.

Proceed exactly as directed for Roast Chicken (see receipt); serving on a bed of water-cresses, with the plain pan-gravy strained in a boat.

CAPON WITH TRUFFLES.

CHAPON TRUFFÉ.

Proceed exactly as for Roast Turkey with Truffles (see receipt).

GUINEA-FOWL.

PINTADE RÔTIE.

This is a bird which seems to be but little known or appreciated in this country, whereas "Pintade Rôtie" is almost as familiar on the Continental menu as is "Poulet Rôti," and very certainly appears often under the guise of other game. A young, tender guinea-fowl is not to be despised. The marks by which the younger ones are known are that

the breast bone is pliant at the tip, the wings very tender, and the legs smooth, free from feathers, and of a pale-yellow color. When well selected and well cooked, they are not very inferior to pheasants and partridges. They may be roasted (see Roast Chicken); but it is recommended that they be cooked according to either of the following receipts.

BROILED GUINEA-FOWL.

PINTADE GRILLÉE.

If very young and tender, singe, draw, split, and broil as directed for Broiled Chicken. Serve on a bed of water-cresses, with a salad.

BRAISED GUINEA-FOWL.

PINTADE BRAISÉE.

Proceed exactly as directed for a Plain Braise, using 2 carrots and 2 onions sliced and fried brown, and the gravy thickened with a roux of browned butter and flour. They should be trussed as for roasting, and not stuffed. Cook them very slowly and gently for about 1 hour and 15 minutes, if young and tender; longer, if old and tough. When done, remove them to a hot dish; place the carrots around the birds; strain the gravy; pour some of it over the birds, and serve the rest in a sauce-boat.

Or, omit the thickening, and do not serve the carrots, but garnish with water-cresses and serve as a roast with a salad.

ROAST GOOSE.

OIE RÔTIE.

This is a most savory dish, provided your goose be a tender one; therefore it is essential to make sure of this fact before beginning. This is readily ascertained by one who has the habit of drawing poultry. In selecting it, see that the end of the breast bone yields easily to pressure; that

the wings are supple and very tender at the pinion; that the legs are smooth and yellow and free from feathers. A "green goose" is most desirable for roasting, if you can get it. If there is any doubt about the tenderness of your goose, do not attempt to roast it; braise it according to the receipt for Plain Braise, and you can serve it with all the appearance of being roasted, and at the same time ensure its being good eating.

Draw, singe, and wipe out the bird, but do not wash it if it can be avoided; have it as sweet and clean as possible. If not perfectly sweet, you may rinse it out quickly with a quart of cold water in which is dissolved 1 teaspoonful of baking-soda. Make a dressing. Unless you prefer some other, the following is a good one:

4 apples, peeled and cored,	½ teaspoon of thyme,
4 onions, sliced,	Mashed potato,
4 leaves of sage,	Pepper and salt.

Boil the apples, onions, and herbs with sufficient water to cover them; when soft, rub all through a sieve; add enough mashed potato to make it sufficiently firm for a dressing, but not dry enough to stick to the hands. Season with pepper and salt, and stuff the bird, both craw and body. Sew it up. Truss it (see directions). Tie and skewer it firmly. Put it into a roasting-pan with a large lump of butter or sweet drippings and about 3 tablespoonfuls of boiling water. Rub the breast of the goose well with butter; sprinkle with salt and pepper. Baste very frequently, every 10 or 15 minutes, and each time thoroughly. Roast about 1 hour and 30 minutes. Watch the oven, that your goose may not cook too quickly or get over-done. If in danger of browning too much, cover it with a second pan and turn some of the heat off from the oven. If the goose is not at the youngest, or "green," stage, you must cover it from the beginning, roast it longer, and with more moderate fire, basting very often and browning at the last. The time given allows for a good-sized bird.

Sauce: Boil the giblets apart; chop the gizzards and mash the liver. When the goose is cooked, remove it from the pan to a hot dish. Remove strings and skewers. Set the pan on the top of the range; add a little boiling water; stir; blend a teaspoonful of corn-starch with a little cold water; stir it into the boiling gravy; add the giblets, etc., salt, pepper, and boil 3 minutes. Serve in a sauce-boat. Garnish the goose with water-cresses, and serve with Apple Sauce (see receipt).

TAME DUCK.

CANARDS RÔTIS.

Proceed exactly as for Roast Goose (see receipt), stuffing with sage and onion dressing. The same remarks apply as to their tenderness; if you are not perfectly certain of it, do not risk roasting, but prepare them according to receipt for Plain Braise. If roasted, allow 1 hour for large ones; baste frequently. They require to be cooked much longer than wild ducks. Serve with giblet sauce, if liked; otherwise, with the plain pan-gravy in a sauce-boat. Serve with green peas, spinach, or a salad. Apple sauce or currant jelly may be handed at the same time. A very savory accompaniment is Onion or Soubise Sauce (see receipt).

SALMI OF TAME DUCK.

SALMI DE CANARD.

Cut cold duck into neat pieces. Put the giblets into a saucepan with the amount of hot water you will require for the sauce, more or less according to the quantity of duck. Add to it 2 onions, 2 sprigs of parsley, both chopped fine, 3 cloves, 1 leaf of sage, pepper and salt. Cover, and let the sauce simmer for about 1 hour, until well flavored. Add the pieces of duck; let them stew slowly for 2 hours, adding a little more boiling water if necessary. Just before it is done, add 1 gill of port wine and a little lemon-juice. Blend a teaspoonful of corn-starch with a little cold water; stir it into

the boiling sauce, and boil 2 minutes; or thicken with a Brown Roux (see receipt). Arrange the duck neatly on a hot dish; pour the gravy over, and garnish the edge with large, diamond-shaped Croûtons (see receipt). Or make a Rice Border (see receipt), and serve with the stew in the centre.

The quantity of corn-starch required depends upon the amount of sauce to be thickened, 1 large teaspoonful being sufficient to thicken 1 pint of sauce. A few handfuls of fresh green peas boiled first, may be added to the stew 10 or 15 minutes before it is served; or add a handful of stoned olives.

DUCK SAUTÉ WITH GREEN PEAS.

CANARD SAUTÉ AUX PETITS POIS.

Proceed exactly as for Chicken Sauté with Green Peas (see receipt).

TAME DUCK BRAISED.

CANARD BRAISÉ.

Select a large Muscovy duck; clean, truss, and stuff with potato and onions (see Roast Goose). Cook according to receipt for Plain Braise. Recommended.

GAME.

WILD DUCKS.

CANARDS SAUVAGES.

These should always be plain roasted the first day, and under no circumstances should they be stuffed. Of course canvas-backs stand at the head of the list, but red-heads are undoubtedly second. It sometimes happens that the more ordinary kinds of ducks, though they may be of the tenderest, have a most unpleasantly strong flavor. It is said that a parboiled onion placed in the body of one of this kind, will frequently absorb the strong, disagreeable quality and make the duck very acceptable, if its skin is not eaten; this also contributes to its rankness. In case the onion system is tried, the reader is warned that it must be removed most carefully as soon as the duck is taken from the fire. Have at hand a bowl of cold water, and the instant the onion is taken out of the duck, plunge it under the water, and take it away as quickly as possible, for in its turn it becomes most offensive.

If the ducks are of the choicest kind, leave the heads on, and when plucked, singed, drawn, truss them with the head under the wing. Tie the legs together to keep them from spreading, and cut the wings off close to the body; a duck-wing never being served, and often proving a sad stumbling-block to the carver. In cleaning ducks, avoid washing them; simply wipe them out with a wet cloth and dry them immediately. The fire should be in good order, and the oven

fiercely hot. Put the ducks both (if of the same size) in the roasting-pan, unless you are fortunate enough to be able to roast them before the fire; put a large lump of butter in the pan, with 2 or 3 tablespoonfuls of boiling water. Rub the breasts of the ducks with butter. Now put the ducks in the oven; if your fire is right, they will be done to a turn in 15 minutes, if of medium size. Baste frequently. As a rule there is often 1 duck of the pair a little larger than the other; in this case, the larger duck must be put in the pan in the oven alone, first, for 3 to 5 minutes, according to the difference in size; then add in the smaller duck and cook 15 minutes. This time is exact (if the fire is right) for ducks the size of canvas-backs and red-heads. If much larger, allow 20 minutes or more. The epicure is much shocked if wild duck is cooked beyond the point of the blood running red when pierced with a fork in carving. Be sure the plates on which they are to be served are put to heat long enough beforehand to get them very hot. Better far let the guest wait a minute or two for the ducks than to allow the ducks to wait for the guest. Carve the ducks in thick slabs, not in thin, wafery slices, as is too often seen. The perfect way of serving ducks (when they are *the* dish *par excellence*, as, for instance, at a game supper), is to allow half a duck to each guest, and serve it on a hot-water plate. In the land of ducks the dish is frequently garnished with small croquettes of fried hominy. The usual mode of serving is to hand at the same time currant jelly and dressed celery.

SALMI OF WILD DUCK WITH OLIVES.

SALMI DE CANARD AUX OLIVES.

The next day, take the legs, wings, and all the good parts of the ducks that remain; cut them into neatly-shaped pieces and make thereof a tasty brown stew; that is, rub together over the fire until brown 1 tablespoonful each of butter and flour; add by degrees 3½ gills of good broth, and stir until smooth. Boil until sufficiently thick; season with salt, pep-

per; lay in the pieces of duck, and set on one side to warm, and stew gently for 30 to 45 minutes; add wine to taste and a few olives cut from the stones. Garnish with diamond-shaped Croûtons (see receipt).

WILD DUCK WITH JELLY SAUCE.

Cut pieces of cold wild duck evenly; warm them slowly in a sauce made of 1 large tablespoonful of butter, ½ a tumbler of currant jelly, and 1 gill of port wine.

ROAST GROUSE.

Prepare exactly the same as partridge, allowing less time for the cooking; being dark-fleshed game, they should be served underdone. If the oven is just right, they will require about 25 minutes, or a little more according to size. When sufficiently cooked, the meat should feel quite elastic under pressure of the fork. They must never be thoroughly cooked through. Serve the sauce from the pan in a sauce-boat. Dish the grouse on slices of toast moistened with broth and buttered; garnish with water-cresses, or with Fried Breadcrumbs (see receipt) and parsley. Serve with a salad.

BROILED GROUSE.

If the grouse are young and tender, broil according to either receipt given for Broiled Partridge, cooking 10 or 15 minutes less. Garnish with cresses and serve with a salad.

WOODCOCK AND SNIPE.

BÉCASSES ET BÉCASSINES SAUTÉES.

Pluck and clean, but never draw either of these birds if you are preparing them for epicures; to have the birds served without the trail would be quite shocking, in their judgment. The heads should also remain on. Pluck the neck and skin the head carefully. Twist the neck around

and run the beak through legs and body; this rounds out the breast. Have a deep pan with lard enough to completely immerse the birds. When you are certain that it is boiling (see General Directions for Frying), lay the birds in and leave them from 3 to 5 minutes, according to their size; for these same epicures decree that the birds must be served very underdone. Prepare a slice of toast for each moistened with butter and broth. Place a bird on each slice of toast and serve with a salad.

WOODCOCK AND SNIPE ROASTED NO. I.

BÉCASSES ET BÉCASSINES RÔTIES I.

Do not draw these birds; otherwise proceed exactly as for roasting quail. Allow about ½ the length of time to cook, as they should be served very underdone. Each bird should be rolled, when trussed, in a thin slice of fat pork, not bacon; lay each one in the roasting-pan on a piece of toast, which piece of toast, absorbing all the juices that fall from the bird in cooking, must be served under it. Remove the pork. Garnish with water-cresses; serve with a salad. Hand at the same time currant jelly. This latter is a matter of taste.

ROASTED WOODCOCK NO. II.

BÉCASSE RÔTIE II.

Carefully pluck; skin the neck and head. Truss with the head under the wing. Bend the legs back at the first joint, pressing the feet up against the thigh. Do not draw them. Tie a strip of pork around each; run a small iron skewer through the birds and tie it to the spit, if you can roast before the fire, otherwise put them on a roasting-pan in the oven. Have a fiercely hot fire. Place the roasting-pan, with slices of buttered toast, beneath to catch whatever falls from the birds in cooking. Baste with melted butter. Roast from 12 to 15 minutes; then sprinkle the birds with salt and pepper, and serve on the toast. Garnish with cresses. Serve with a salad.

Snipe may be treated in the same manner, as also all small birds, such as larks, etc., etc.

REED-BIRDS.

ORTOLANS.

As a rule, never draw these birds; cook them with the trail in. Simply pick, wash, clean, and quickly wipe them; truss neatly, and lay in boiling lard for 3 to 5 minutes. Serve very hot on toast. Serve at the same time a salad.

REED-BIRDS BROILED.

ORTOLANS GRILLÉS.

This is an exception to the above rule, for the birds must be drawn. When clean, split; place them in the folds of a clean towel, and, with the rolling-pin, crush the bones quite flat. Season with salt and pepper; spread on a very hot greased broiler. Broil them over a clear fire, turning the inner side toward the fire; in a minute or two, turn. Continue to turn until browned outside. The fire must be very quick that the outside may sear without cooking the inside too much. They will not require more than 4 or 5 minutes, as reed-birds are always served under-done. Serve on soft, buttered toast; put a little salt and pepper and melted butter on each. Garnish with cresses and serve with a salad.

PLOVER.

PLUVIER.

Prepare according to any of the receipts for reed-birds or snipe, leaving the trail in, and serving on toast. Like all dark-fleshed game, they should be served very under-done.

PARTRIDGES BROILED NO. I.

PERDRIX GRILLÉES I.

Pluck and draw; split, and wipe inside and out with a wet cloth; do not wash them if it can be avoided. Spread open

like a broiled chicken, keeping in place by a skewer run through the wings and body. Have a clear, hot fire. Heat the gridiron first. Grease it well. Lay the bird on the gridiron with the inner (or bone) side toward the coals. Broil the bird *under*, not over the fire, if possible. Now rub the breast all over with butter; place a pan under the gridiron to receive all the butter and juice that may drop in the cooking. Turn the bird from time to time, leaving it at least twice as long with the inner side toward the blaze. Each time you turn it, brush it with melted butter. It will require to cook about 25 minutes. Being white-fleshed game, partridges require to be thoroughly cooked through, and, as their one fault is dryness, they must be constantly basted and carefully watched, that they do not scorch or get over-done. Have ready slices of buttered toast. Trim the crust from the edges and moisten with the butter from the pan. Lay the bird on the toast; put a little melted butter on the breast; sprinkle with pepper and salt. Serve with a salad.

PARTRIDGES BROILED NO. II.

PERDRIX GRILLÉES II.

Split and prepare as above; lay in a tin pan with slices of pork over the breasts; put butter the size of a walnut, pepper and salt, and about 2 tablespoonfuls of boiling water in the pan. Cover air-tight to keep the steam in. Set in the oven. Baste frequently. They will require 20 to 30 minutes according to the heat of the oven. When sufficiently cooked, the flesh should feel quite firm under pressure of the fork. Do not pierce the skin with the fork or the juices will escape; simply press with the flat side of it, and you will easily ascertain when it is cooked. The softer the flesh is, the more under-done. Garnish with cresses and serve as directed in preceding receipt. This last way of cooking partridges has the advantage of making them very juicy. If you wish to give the appearance to the bird of having been broiled, heat the gridiron very hot, and, when you remove the partridge

from the pan, lay it with the breast against the bars for a few seconds. The hot gridiron will mark the breast in lines, as if it had been broiled. Serve with salad.

ROAST PARTRIDGES.

PERDRIX RÔTIES.

Pluck, draw, clean, wipe inside and out with a wet cloth, but do not wash, if it can be avoided. Truss, passing a wooden skewer through the thighs, another through the wings. Fasten a slice of pork over the breast of each. Put into a baking-pan with tablespoonful of butter, and 2 of boiling water or 1 gill of white wine. Baste frequently, and roast about 40 minutes. The oven must not be too hot. Remove strings and skewers; stand the partridges on buttered toast on a hot dish. Add to the pan 2 gills of good consommé or broth; boil up, strain, and pour over the birds. Garnish with water-cresses and serve with a salad.

PARTRIDGES JELLIED.

PERDRIX EN GELÉE.

See Quail en Compote.

PARTRIDGES AUX CHOUX.

PERDRIX AUX CHOUX.

3 partridges,
2 smoked sausages,
Salt pork,
Salt,
½ pound of bacon,
1 cabbage,
Consommé or broth,
Pepper.

Tie together:

1 carrot, cut in half,
4 cloves, stuck in the onion,
3 sprigs of thyme,
1 onion,
Small bunch of parsley,
1 clove of garlic.

Clean and truss the partridges as directed; put them in a saucepan with the bacon cut in slices, the sausages, carrot, onion, herbs, and seasonings. Cover the partridges with

slices of salt pork. Scald the cabbage in boiling water on the fire for 15 minutes; put it for a moment in cold water; then drain it perfectly dry. Lay it on top of the partridges and cover again with strips of salt pork. Pour over sufficient broth or consommé to cover all. Simmer very gently for 2 hours, closely covered. Lift out the cabbage; drain a moment and lay in the bottom of a hot dish. Upon this place the partridges; arrange around them the sausages and bacon. Let the gravy boil down briskly, uncovered, for a few minutes, then strain some of it over the partridges. Perdrix aux Choux is quite a classical dish among the French.

BROILED QUAIL.

CAILLES GRILLÉES.

Pluck, clean, and split the birds, wiping with a damp cloth, not washing. Heat the gridiron. Lay the birds upon it with the under, or bone, side toward the coals. Rub the breasts with butter. Broil for about 8 minutes; then turn the breast side toward the fire and broil about 5 minutes more, 13 to 15 minutes in all. Do not let them scorch or dry too much. Have ready a piece of toast for each bird. Trim off the crusts; moisten with a few drops of boiling broth, and butter the toast generously. Lay the birds upon the toast; butter the breasts; sprinkle with pepper and salt. Set in the oven 1 minute for the butter to melt. Garnish with cresses and serve with a salad.

ROASTED QUAIL.

CAILLES RÔTIES.

Clean, draw, and truss neatly. Tie a piece of fat pork over the breast of each bird. Put the birds in a baking-pan with 1 tablespoonful of butter and 2 of boiling water. Stand the pan in the oven for 15 to 20 minutes, according to the size of the birds and heat of the oven, basting frequently with hot butter from the pan. Have ready a piece

of toast for each bird; remove the crust; moisten with boiling broth and butter. Remove the pork from the birds; stand them upon the toast; add salt and pepper; garnish with cresses and serve with a salad.

QUAIL SAUTÉ IN LARD.

CAILLES SAUTÉES.

Quail done in this way have all the appearance of being roasted, and at the same time preserve all their juices. These being inclined to be rather dry birds, this mode of cooking appears to be one of the best.

Pluck, draw, and truss the birds neatly, wiping them inside and out with a wet cloth, but not washing them. Tie the legs and wings close to the sides; or skewer them with small wooden tooth-picks, which serve admirably for the purpose. Run one through the two wings and body; another through the two legs and body; thus pinning them close to the sides. Have a pan with lard deeper than the height of the birds, so that they may be completely immersed in the fat. Bring it slowly to boiling point (see General Directions for Frying). When the lard is ready, lay the birds in with the skimmer. Do not put in more at a time than you can attend to well. They must be turned constantly, that they may cook and brown evenly. In about 8 minutes, if the heat is intense enough, the birds will be done. You can ascertain this by pressing the breast with the flat side of the fork; if perfectly firm, the bird is cooked. Drain thoroughly and serve on toast, as directed for Roast Quail. The birds should not be darker than golden brown when well cooked. Garnish and serve with a salad.

QUAILS EN COMPOTE (COLD).

CAILLES EN GELÉE.

This is another excellent mode of preparing these popular birds; a good dish for luncheon, to be served cold.

6 quail,	Broth,
4 cloves,	1 bay-leaf,
1 clove of garlic,	8 allspice,
½ lady-finger pepper without seeds,	1 sprig of thyme,
Bunch of parsley and celery.	Salt, and salt pork.

Pluck, draw, and clean the birds, wiping with a wet cloth, not washing. Tie a piece of salt pork over the breast of each one, and truss it as described in Quail Sauté, using wooden tooth-picks. Lay the birds, breast upward, in a saucepan with all the seasonings; cover with strong, well-flavored broth or consommé. Cover closely, and simmer very gently until the birds are very tender, but be careful not to let them go to pieces. This will take from 45 minutes to 1 hour, according to the quality of the birds. When cooked, take them out carefully with the skimmer; remove the pork; lay them in a deep bowl and cover the bowl with a plate. Boil down the broth until there is just about enough to cover the birds in the bowl. Strain it. Add salt and pepper, if necessary; pour it over the birds and set away to get cold. If any broth remains, pour it into a shallow dish and set away to harden. When the jelly has hardened, take the birds out of the bowl separately with whatever jelly may cling to them. Dish them in a pyramid; heap the jelly and that in the extra dish over them; it should be crumbed with a fork, if quite firm. Garnish with sprigs of parsley and sliced lemon. Serve with a salad. This is really a most delicious dish, pleasing to both eye and palate, and so easy to make that it is strange it is not more often used to take the place of the conventional roast quail, whose only variation is that it is sometimes well and sometimes ill-cooked.

Partridges may also be prepared as above.

SQUABS OR PIGEONS ROASTED.

PIGEONS RÔTIS.

For this purpose, squabs are best. If you use full-grown pigeons, be careful to select only tender ones.

Pluck, draw, and clean, wiping with a wet cloth, not washing them. Truss neatly, using wooden tooth-picks to skewer the wings and legs in place: one passed through the two wings and body, another passed through the two legs and body. If the pigeons are too large for this, tie them in place. Fasten a slice of fat pork over each breast. Put a bit of butter the size of a hickory-nut in each bird. Some authorities recommend also to put in 1 or 2 cranberries. Lay the pigeons in a roasting-pan with 1 tablespoonful of butter and 2 of boiling water. The oven should be quite hot, but not scorching. Baste frequently, and roast for about 15 minutes, according to size. Remove the fat pork and serve on toast moistened with the butter from the pan and a little strong broth. Pigeons, like all dark-fleshed game, should be served under-done.

SQUABS OR PIGEONS BROILED.

PIGEONS GRILLÉS.

Pluck, draw, clean, and wipe inside and out with a wet cloth; do not wash them; split and spread open like broiled chicken. Have the gridiron heated very hot; grease it; lay the pigeon on the gridiron with the inner (or bone) side toward the coals. Broil, if possible, *under* the grate, and have the fire very clear; nothing so destroys the sweetness of a good broil as the coal-gas which rises, often unavoidably, if the broiler is set *over* the fire. Rub the birds with melted butter. Set a pan below to catch it and the juices. Prepare a piece of toast for each bird: trim the crusts from the edges, and when the birds have broiled 10 minutes on the inner, and 5 on the outer side, moisten the toast with the butter in the pan; add a little good broth; place the squabs on the toast; sprinkle with salt and pepper; garnish with cresses and serve. If the fire is very intense, three minutes on the breast-side may suffice. You can ascertain when they are done by pressing the meat with the flat side of a fork; if it is slightly elastic under pressure, it is sufficiently cooked.

Never pierce game (or indeed any meat) with a fork to see if it is cooked; pressing it, as described, will teach you very quickly to ascertain when it is sufficiently done. If it is to be cooked thoroughly all through, as in the case of white-fleshed game, the meat should feel quite firm under pressure; to be underdone, as for dark-fleshed game, it should feel elastic, more or less so according to the degree of redness required.

PIGEONS STEWED IN CONSOMMÉ.

COMPOTÉ DE PIGEONS.

6 pigeons,
1 sliced carrot,
1 " onion,
Sprig of parsley,
Consommé or good broth,
6 slices of bacon or salt pork,
3 cloves,
1 teaspoon of sugar,
½ tablespoon of vinegar.

If you are not certain that your pigeons are tender, the following mode of cooking will insure their being good eating. Pluck, draw, and clean, wiping inside and out with a wet cloth—not washing. Tie them neatly in shape with a slice of bacon or pork over the breast of each. Lay them, breast uppermost, in a saucepan in which you have put 2 or 3 slices of bacon. Fry the vegetables in butter. When brown, not burnt, add them with the seasonings, salt, and pepper. Cover with stock, and set in one corner of the range where they will simmer *very* gently. Add stock, if it steams away. Let them simmer *most gently* until tender; how long that may be will depend entirely upon the toughness of the pigeons—anywhere from 1 hour to 2 hours and 30 minutes, or even more. Be careful that they do not go to pieces; to this end watch them very carefully after 1 hour has elapsed. Place each pigeon upon a piece of toast trimmed around the edges. Put the vegetables around. Strain and boil down the gravy rapidly for a few minutes. Pour over the pigeons, and serve. Excellent.

AN ENGLISH PIGEON-PIE.

1½ pounds of rump steak,	3 pigeons,
3 slices of ham,	2 ounces of butter,
4 eggs, boiled hard,	Pinch of powdered mace,
Salt and pepper to taste,	Puff paste.

Pound the steak; remove the skin and fibres, and cut it in pieces 3 x 3 inches. With these line the bottom of the pie-dish. Season with pepper, salt, and a pinch of mace. Clean and truss the pigeons; rub them inside with salt and pepper, and put into the body of each ½ ounce of butter. Lay them on the steak. Lay a slice of ham on each pigeon. Add the yolks of eggs, and also the whites, sliced, if liked. Fill the dish with stock, which may be thickened with a Brown Roux (see receipt). Add a few balls of good force-meat, and also a few small dice of the paste. Edge the dish with a band of paste; cover it with the same; notch the edges together and trim them. Clean 3 of the pigeons' feet; stick these, claws upward, in the middle of the top, to show what manner of pie it is. Set in a moderately-quick oven for about 1 hour. Watch that it does not bake unevenly. Then draw it out; brush the surface with the yolk of an egg beaten with a few drops of milk, and return to the oven for about 5 minutes more, until nicely browned. Eat hot or cold—the latter is best. N. B.—Use Flaky Crust or Puff Paste for the above (see receipts).

"FOUR-AND-TWENTY BLACKBIRDS BAKED IN A PIE."

First make your crust, Plain Paste or Flaky Crust (see receipts), and set it away. Put into a saucepan and boil for 30 minutes the following ingredients:

1 quart of broth,	2 onions, chopped,
Bunch of parsley and celery leaves,	Salt and pepper,
½ pound of ham, cut in pieces,	6 cloves and 10 allspice.

When the sauce has boiled as directed, put in 24 black-birds, which have been previously cleaned. Simmer 20

minutes or more, until tender. Be careful that they do not go to pieces. Put a border of paste on your pie-dish. Remove the birds and place them in the dish. Slice 2 hard-boiled eggs into the dish, also half a lemon (rejecting the pips); add 1 gill of sherry. Strain off the broth, picking out the pieces of ham and some of the onion, parsley, and celery, which also put into the dish. Return the broth to the fire. Make a roux of 1 tablespoonful each of butter and flour, the latter heaping. Stir together over the fire until of a rich brown; do not burn. Remove from the fire; stir in the boiling broth by degrees, and blend until perfectly smooth. Strain the sauce and fill the pie-dish. If any is left, set it aside until the pie is baked. Now roll out the top crust rather more than half an inch thick; lay an extra layer of paste on the edge of the dish; moisten the edge; put on the cover; press the edges together; notch and trim neatly. Cut an x in the middle of the crust; place a twist of paper in the hole to keep it open. Bake the pie about 25 minutes in a quick oven. Bake on a separate tin a rose or leaf of paste with which to cover the hole in the pie. When it is nearly done, draw the pie out, brush the top with yolk of egg beaten with a little milk; set it back in the oven, and bake about 5 minutes longer until nicely browned. Remove from the oven; take out the paper and pour in the extra sauce through the hole. Put the fancy crust over the hole, and serve. It is better eaten cold.

Veal and ham pie may be made in the same way, using ¾ veal to ¼ ham.

BARBECUED HARE OR RABBIT.

LAPIN OU LIÈVRE RÔTI.

Skin the rabbit and chop off the feet. Leave the head on, skinning and cleaning it nicely. Empty it, and wipe the inside with a wet cloth, drying immediately. Skewer the fore- and hind-legs forward as if lying down. Lay it in a roasting-pan, with 1 tablespoonful of butter and 3 of boiling

water. Be very generous with the butter. Add salt and pepper. Cover air-tight with an inverted roasting-pan, to keep in the steam. Set in a hot oven. In about 10 minutes, baste with the butter very thoroughly, and cover again. Repeat this process every 10 minutes until the hare has been in the oven about 30 minutes, then, if the flesh feels almost firm under pressure, leave off the top pan, baste again, and return to the oven until nicely browned. It will take from 30 to 45 minutes in all, according to the size of the rabbit or hare. Do not let the surface brown too much or dry. Garnish with cresses; sprinkle with salt and pepper; pour the pan-gravy over it, and serve with Maître de Hôtel Butter. Put a frill of cut paper over the bone of each leg.

STEWED RABBIT OR HARE AU CHASSEUR.

LAPIN OU LIÈVRE AU CHASSEUR.

1 rabbit or hare,	1 gill of sherry,
1 pint of boiling water,	1 heaping tablespoon of flour,
1 onion, cut fine,	2 tablespoons of butter,
6 cloves and 12 allspice,	1 bay-leaf,
24 small white onions,	1 tablespoon of vinegar,

Pepper and salt.

Skin and clean the rabbit. Wipe with a damp cloth; do not soak it in water. Leave the rabbit whole, or disjoint it, as preferred. The latter is recommended. Put one tablespoonful of butter into a large frying-pan. When the butter is melted, lay in the rabbit; turn and brown on all sides, not too dark. Then put it into an iron pot which has been heating, meanwhile, on the side of the range. When the rabbit is all browned, put the onion into the pan and fry very brown, but do not burn. Add this to the pot. Now put into the frying-pan the rest of the butter with the flour, and stir until well browned, but not burned; draw aside and add by degrees 1 pint of boiling water, stirring all the time. Pour this over the rabbit. Now add enough boiling water to half cover the rabbit. Add all the other seasonings; close the lid tightly and set where it will simmer very gently

for 45 minutes to 1 hour. This will suffice if the rabbit is young and tender; if not, cook longer, watching that it does not go to pieces. Meanwhile peel the onions in water. Put them in a saucepan with salted boiling water and boil about 1 hour, perhaps less, if quite small. When you can pierce them very easily with a skewer, drain them. Now remove the rabbit from the pot; arrange it neatly on a hot dish; strain the gravy; return it to the fire, and let it boil down briskly for a few minutes. Now arrange the onions all around the rabbit. There should be enough to make a continuous row like large white beads. If the sauce is not quite thick enough by this time, add a pinch of corn-starch blended with a few drops of cold water; stir it into the boiling gravy; boil three minutes; add the wine; pour the sauce over the rabbit, not over the onions, and serve. Recommended.

POTTED HARE OR RABBIT.

LIÈVRE OU LAPIN EN COMPOTE.

Skin, clean, and joint the hare or rabbit, and prepare according to the receipt for Pigeons en Compote.

SADDLE OF VENISON.

SELLE DE CHEVREUIL.

Should be roasted exactly the same as a Saddle of Mutton, allowing 9 or 10 minutes to the pound (see receipt). Saddle of venison should always be served *very* under-done. Put a frill of cut paper on the tail; garnish tastefully and serve with currant jelly and a salad. The plates on which the venison is served should be very hot.

HAUNCH OF VENISON NO. I.

CUISSOT DE CHEVREUIL I.

Roast exactly like a leg of mutton, covering with a second pan and basting frequently with melted butter. Allow about

10 minutes to the pound in a hot oven. Venison should always be served juicy and under-done. Serve with a Jelly Sauce (see receipt), or with its own juices, currant jelly being handed at the same time. Put a frill of cut paper on the bone; garnish and serve with a salad.

HAUNCH OF VENISON NO. II.

CUISSOT DE CHEVREUIL II.

Make a large sheet of coarse paste—that is, mix together a little lard, flour, and enough cold water to make a paste; roll the leg in this, covering every part, and put it in the roasting-pan in the oven. It requires no basting. Allow the same time, about 10 minutes to the pound. Before serving, break off the crust. Put a frill around the bone; garnish and serve with Jelly Sauce (see receipt).

BROILED VENISON STEAK NO. I.

Cut slices from the leg and broil them over a quick, clear fire, turning constantly. Steaks 1 inch thick will not require more than 8 to 10 minutes, as they must be served very under-done. When done, butter both sides; sprinkle with salt and pepper; garnish and serve alone, or with Jelly Sauce.

VENISON STEAK NO. II.

Cut slices ¾ of an inch thick from the leg. Cut these into even pieces about 3 x 3 inches. Prepare a Jelly Sauce (see receipt) in a saucepan on the side of the range. Have the fire very clear and hot. Heat the broiler. Lay the little steaks on it. Turn very often. In 8 minutes, or less, they will be sufficiently cooked. Drop them into the sauce; let them stand well covered by the same for 5 or 10 minutes; keep hot, but on no account let them cook. Serve on a very hot dish, in a circle, one overlapping the other. Pour the sauce over; garnish, and serve.

VENISON IN A CHAFING DISH.

Cold sliced venison,
2 gills of cooking-sherry or one of port,
½ teaspoon of corn-starch,
Butter, the size of a walnut,
1 gill of currant or grape jelly,
Pepper and salt.

The meat should be very tender, underdone, and cut in thick slices. Or you can have a steak cut into pieces, 2 x 2 inches, and slightly broiled, and add these to the sauce 2 minutes before serving. Make the sauce as follows: Melt the butter in the chafing-dish; add the jelly; let it dissolve entirely; then add the port wine and about 1 gill of boiling water, pepper and salt to taste. When it boils, stir in the corn-starch blended with a little cold water. Stir and boil 1 minute. Add the pieces of cold or broiled venison; turn them in the sauce and heat for 2 minutes, then serve. The meat should be kept well covered with the sauce while heating. This is an excellent old-fashioned dish for luncheon.

VENISON STEW.

RAGOÛT DE CHEVREUIL.

Follow the directions for Stewed Beef with Brown Gravy, cutting the venison in pieces; add to the sauce when done a gill of wine, a good pinch of cayenne, and the juice of half a lemon. Before adding the wine remove the meat to a hot dish. Make some Dumplings (see receipts); drop them in small balls into the boiling sauce. Cover and boil briskly for 10 minutes. Dish the dumplings around the meat; strain the sauce; season as above; pour it over the meat and serve. The above may be made with any rough bits of venison, or from the remnants of haunch or saddle already cooked, if under-done. Use claret or port wine in preference to sherry for the sauce.

VENISON PASTY.

Follow the directions for Four-and-Twenty Blackbird Pie, in all details, cutting the meat in pieces. Add dice of

boiled pork, hard-boiled eggs, and wine. When baked, fill the pie through the top opening with gravy. It will require about 1 hour in a moderate oven. Finish and serve as directed. It is best eaten cold, 1 or 2 days after it is made. 1 gill of port wine and a squeeze of lemon-juice added to the gravy will be found a further improvement, but is not indispensable.

CIVET DE CHEVREUIL.

Prepare as directed for Venison Stew, omitting the dumplings, and adding dice of salt pork.

GAME PÂTÉ JELLIED.

PÂTÉ DE GIBIER EN GELÉE.

1 pair of partridges or rabbits,
¼ pound salt pork, minced,
Grated bread-crumbs,
Nutmeg,
1 gill of wine,
Garlic and spices,
½ pound sausage-meat,
Any livers of game or poultry,
Lemon-juice,
Pepper and salt,
Sliced salt pork,
3 eggs,
1 pint of stock.

Having stewed the partridges or rabbits, the latter cut in pieces, save the breasts of the partridges removed in large pieces from the carcass; pick off all the rest of the meat from the bones and chop it very fine by the Enterprise Chopper. Chop also the sausage-meat, salt pork, and any livers of game or poultry that you may have. A little piece of calf's liver, scalded until firm, may replace these last. Take ⅓, or rather less, of the bulk of all these in stale bread-crumbs. Put the bones of the partridges, garlic, spices, stock, etc., to boil, and finish as directed for Chicken Pâté Jellied (see receipt).

MACARONI AND VARIOUS ENTRÉES NOT OTHERWISE CLASSIFIED.

TIMBALE OF MACARONI.

TIMBALE DE MACARONI.

6 ounces of cold ham, chopped fine, 2 ounces boiled macaroni,
1 teaspoon of Worcestershire sauce, 1 tablespoon of good stock,
1 " " mushroom catsup, 4 tablespoons of bread-crumbs,
1 egg.

Boil the macaroni in salted boiling water for about 25 minutes, until tender. Drain. Cut it in pieces 1 inch long. Mix the bread-crumbs and ham well; then add stock, seasonings and sauces. Mix; add the egg well beaten. Grease a plain mould that has a cover. Line the mould with the macaroni; fill with the mixture; press closely. Put on the lid; fasten it firmly. Stand the mould in a kettle of boiling water deep enough to ⅔ cover it. Cover the kettle. Boil 1 hour. When done, turn it from the mould, and serve with Béchamel Sauce or Stewed Mushrooms (see receipts).

MACARONI À LA MILANAISE.

½ pound macaroni, 1 can of tomatoes,
2 cloves of garlic, Sprig each of thyme and parsley,
½ tablespoon of butter, Salt and cayenne,
¼ pound cold ham, cut in dice, 1 scant tablespoon of flour,
Grated Parmesan or other cheese.

To make the sauce, put tomatoes, garlic, thyme, and parsley into a stewpan. Stew 1 hour; then press pulp and juice through a sieve. Return to the fire. Rub together

butter and flour in a frying-pan over the fire until well browned but not burned; remove from the fire and stir in enough of the boiling tomato-juice to blend it. Pour this into the stewpan of tomatoes; stir until perfectly smooth; add the ham, and boil about 10 minutes. Meanwhile, boil the macaroni briskly in salted boiling water for about 20 minutes. When quite tender, drain it thoroughly; add it to the sauce, and set the saucepan where it will stew gently, without actually boiling, for 20 minutes or more; the macaroni must be thoroughly saturated with the sauce. It scorches easily, therefore watch it. Serve in a deep dish and hand at the same time grated cheese, Parmesan and Gruyère mixed.

BOILED MACARONI.

½ pound of macaroni,
Salt and pepper,
2 tablespoons of flour,
1 tablespoon of butter.

Fill a 3-quart kettle with boiling water; add salt. Hold the macaroni in a bunch over the kettle with the ends in the boiling water; as they soften, introduce the macaroni by degrees into the boiling water. This is the correct way to preserve the length of the macaroni, not breaking it. Boil rapidly for 25 minutes; when perfectly tender, drain it in the colander. Put in the kettle 1 pint of fresh boiling water, salt and pepper. Rub together flour and butter until smooth; blend with the boiling water; stir until perfectly smooth; then add the macaroni to the sauce; boil 3 minutes, and serve in a deep dish. Serve grated cheese separately. Or the macaroni may be broken into convenient lengths, if the above is too difficult.

BOILED MACARONI WITH CHEESE.

MACARONI À L'ITALIENNE.

Fill a 3-quart kettle with boiling water; add 3 teaspoons of salt. Boil the macaroni as directed in above receipt, or break it into convenient lengths. Boil the macaroni rapidly

for 25 minutes. When perfectly tender, drain thoroughly in a colander. Serve in a hot dish. Serve at the same time plain melted butter in a sauce-boat; also grated cheese; mixed Parmesan and Gruyère being best.

MACARONI AU GRATIN.

Boil a ½ pound of Macaroni (see receipt). When perfectly tender, drain thoroughly. Let the *cold* water tap run on it for a minute or more and set aside again to drain. Bring about 1 pint of milk to a boil. Melt in it a tablespoonful of butter; add pepper and salt. Beat up in a bowl 2 eggs and 1 large tablespoonful each of grated Gruyère and Parmesan cheese. Now put the macaroni into a fire-proof bake-dish. Then pour the boiling milk by degrees upon the egg and cheese, stirring rapidly. Pour the milk, egg, and cheese over the macaroni. It should quite cover the latter; if not, add a little more plain, hot milk. Sprinkle grated cheese over the top, and set in a moderately-quick oven 20 to 30 minutes. The top should be of a rich brown.

VOL-AU-VENT BOURGEOIS.

2 pairs of calves' brains,
100 small oysters or 50 large,
1 gill of sherry,
1 level teaspoon of curry-powder,
6 sausages,
1 qt. of White Sauce (see receipt),
Celery-salt and cayenne,
Salt.

Parboil the brains; cut them in square pieces. Fry the sausages until half cooked; cut them in slices across. Scald the oysters in their own juice for 3 minutes. Now strain this juice and use it, in making the sauce, to blend the flour and butter, eking out the amount required with boiling water. Stir in the seasonings. Taste to see that the curry does not predominate, and that there is sufficient celery-salt and wine. If these seasonings are judiciously used, the combination is delicious. Line a deep pie-dish with Puff Paste or with Flaky Crust (see receipts), making the bottom crust thin and building up the edges with 2 or 3 extra layers. Fill

this with the oysters, brains, and sausages; cover with the sauce. Roll the top crust ¼ of an inch thick; cover the pie; moisten the edges to keep them together; notch and trim them neatly; make a x cut in the centre. Bake in a moderately-quick oven 20 to 30 minutes, watching carefully that it does not scorch. Draw it to the mouth of the oven; brush over with yolk of egg beaten with milk; return to the oven for 2 or 3 minutes until browned. Bake on a separate tin a piece of crust in some fancy shape, and place it over the x cut in the pie. Use, if possible, a dish that can stand inside of a fancy cover; if not, fold a table-napkin neatly, diagonally, the width of the dish, and pin it around. This is a very simple dish, but delicious.

CHICKEN AND OYSTER PIE.

Cold boiled chicken,
100 small oysters or 50 large,
1 slice of cold ham, cut in dice,
Pepper, celery-salt,
1 qt. of White Sauce (see receipt),
1 grated onion,
1 gill of sherry,
Cayenne and salt.

Cut the meat from the chicken in even, neat pieces. Scald the oysters in their own juice. Make a sauce according to receipt (White Sauce), using the strained oyster-juice to blend it, eking out the necessary quantity with boiling water. Add to the sauce the grated onion and seasonings (see Vol-au-vent Bourgeois). Make a Puff Paste or Flaky Crust; line a deep pie-dish with a thin layer of paste, building up the edges with 2 or 3 extra layers. Fill the dish with the chicken, oysters, and ham. Pour the sauce over all. Cover with paste rolled ¾ of an inch thick. Moisten the edges to keep them together; notch and trim them neatly; put an x cut in the centre. Bake on a separate tin a small piece of crust, cut in some fancy shape, wherewith to cover the hole in the pie. Bake the pie for about 30 minutes in a moderately-quick oven, watching that it browns evenly. Draw it to the mouth of the oven; brush the top with egg-yolk and milk, and return to the oven for 2 or 3 minutes until browned. Use a dish that can be stood in a fancy cover; if not, pin a folded napkin neatly around it. Serve hot.

PHILADELPHIA CHICKEN AND SWEETBREAD CROQUETTES.

1 chicken, about 4 pounds,	1 small onion,
1 bay-leaf,	1 pair of sweetbreads,
4 whole cloves,	1 sprig of parsley, salt.

Singe, draw, and clean the chicken. Put it into a pot with cloves, bay-leaf, onion, parsley, and enough cold water to cover. Put on the lid and simmer gently until very tender, 1 hour and 30 minutes or more, according to age. Having prepared the sweetbreads (see directions), trim off all fat, fibres and strings; cut very fine with a silver knife. When the chicken is tender, remove skin and bones and return them to the soup-pot to simmer again. This liquor may be used for soup. Chop the meat very fine (with an Enterprise Chopper if you have it); mix with the sweetbreads, and to every pint of this meat allow:

2 gills of milk or cream,	1 large tablespoon of butter,
1 teaspoon of grated onion,	2 tablespoons of flour,
1 " " salt,	1 tablespoon of chopped parsley,
¼ " " grated nutmeg,	Cayenne and pepper to taste.

Put the milk to boil in a farina-kettle. Rub together the flour and butter to a smooth paste over the fire, but do not brown; then stir *into them* the boiling milk. Stir until very thick. Remove from the fire; add meat and seasonings, and mix well. Taste to see if the seasonings are good. Turn out on a flat dish to cool. When cold and firm, form into cone-shaped croquettes (there are moulds for the purpose) or cylindrical, 1 x 2½ inches. The latter are easier for a novice. Have at hand a plate of flour, a plate of raw eggs, and a bowl of sifted bread-crumbs. Flour your hands well; take up a tablespoonful of the mixture, mould it into shape; roll it over in the egg, drop it into the bowl of crumbs; cover every part with these. Correct the shape if necessary, and lay them on a flat dish. The air must reach all sides. Set away in the ice-box for at least 1 hour. Then fry in deep lard until golden brown. The lard should be deep enough to entirely cover the croquettes. Use a frying-basket (see

General Directions for Frying). When golden brown, lay them on paper in the mouth of the oven. When dry, serve on a folded napkin or cut paper with fresh or Fried Parsley (see receipt).

N. B.—The whole success of croquettes depends upon having the lard hot enough; if it is not just right, they will be spoiled. Pieces of cold chicken or turkey may be used, and brains substituted for the sweetbreads.

RISSOLES.

3 gills of cold meat, cut in small dice,
1 gill of chopped pork or ham,
4 tablespoons of gravy or water,
1 level tablespoon of flour,
Parsley, chopped,
Mushrooms,
1 egg,
1 teaspoon of butter.

Stir the flour and butter in a saucepan over the fire until blended; then add the gravy, broth or boiling water; stir smooth. Boil 2 minutes. Then stir in the meat and seasonings; bring to boiling point; remove from the fire, and stir in very briskly the egg which has been beaten until mixed. Do not let it cook again. Set away to cool. Make a thin sheet of Puff Paste or Flaky Crust (see receipts). Wet it for about 3 inches from the edge, and place upon ½ the sheet little heaps of the prepared meat, about 4 inches apart. Double over the paste, covering the heaps. Press the side of the hand between each, pressing the paste together close to the heaps. Then with a biscuit-cutter, or with a tumbler, cut out each heap in a circle or half-moon. Brush the top with egg; bake in a quick oven, or fry in hot butter. The egg may be omitted from the force-meat. Serve in a pyramid on cut paper or a folded napkin, garnished with parsley.

BOUCHÉES À LA REINE, ETC.

Heat shells of puff-paste thoroughly and fill with chicken (see Chicken en Caisses). Other bouchées may be filled with Devilled Scallops (see receipts), sweetbreads (see Sweetbreads en Casseroles, or Sweetbreads with Mushrooms); or with stewed oysters (see Stewed Oysters for Pâtés), etc.

JELLIED MEAT LOAF.

PAIN DE VIANDE EN GELÉE.

1 quart of pieces of cold meat,	Salt to taste.
½ teaspoon of ground cloves,	1 cup of boiling veal stock,
1 " " allspice,	½ teaspoon of ground cinnamon,
¼ " " mace,	¼ " " black pepper.

Use for the purpose some stock that will jelly. If you are not confident of what you have, either boil it down to at least double its strength, or else add to the boiling liquid 1 teaspoonful of gelatine dissolved in cold water. Mix well all the ingredients. Press the mixture into a mould that has been rinsed in cold water; set away to cool and harden. Use some such combination as veal and ham, chicken and ham, or even bouilli, with 1 or 2 hard-boiled eggs. When hard, loosen the edges with a knife, turn out the form on a dish, and serve with salad.

The various forms of these Meat Loaves cannot be too strongly recommended for savoriness and economy. They keep very well, and serve admirably for luncheon, or with salad for dinner (see various receipts).

VOL-AU-VENT.

Have the pastry-cook make the vol-au-vent crust; it is such a troublesome piece of work that it cannot be recommended for home manufacture. Heat the empty shell very hot, and fill it with Sweetbreads with Mushrooms (see receipt), to which add 2 gills or more of Quenelles (see receipt); or fill with the mixture for Sweetbreads en Casseroles (see receipt), to which add quenelles as above; or fill with Chicken Sauté with Mushrooms (see receipt), to which add wine, truffles, quenelles, and, if liked, cocks'-combs. These last may be had of any first-class grocer. Or the vol-au-vent may have the same filling as that used in receipt for Vol-au-vent Bourgeois, or Chicken and Oyster Pie; or, again, fill with Oysters Stewed à la Poulette, or Oysters for Pâtés (see receipts).

SCALLOPED TOMATOES WITH MEAT.

1 cup of cold meat, chopped,
1 large tablespoon of chopped parsley,
½ grated onion,
Tomatoes, fresh or canned,
1 cup of bread-crumbs,
Cayenne,
Pepper and salt,
Butter.

Use cold mutton, lamb, veal, or chicken, in fact almost any meat. Mince the cold meat quite fine; add to it an equal bulk of stale bread, the parsley, onion, pepper, salt, and a good pinch of cayenne. Line the sides of a bake-dish with peeled tomatoes cut in halves. Fill the dish with the meat; lay over this a thick layer of tomatoes cut in thick slices or halves; sprinkle with bread-crumbs, pepper, and salt; dot the top with butter, and set in the oven for about 45 to 60 minutes. If canned tomatoes are used, drain thoroughly.

STUFFED CABBAGE.

CHOUX FARCIS.

For this, select a nice head of Savoy cabbage. Cover it with boiling water; set aside 15 minutes, then drain. Scald again; let stand 30 minutes, then drain dry. Make the stuffing as follows:

2 heaping tablespoons of washed rice,
1 tablespoon of grated onion,
½ pound of sausage-meat,
1 tablespoon of chopped parsley.

Mix all well together. Open the cabbage carefully to the very centre; put in ½ teaspoon of the mixture; fold over this 2 or 3 of the small leaves; cover these again with a layer of the force-meat; fold over this the next layer of leaves, and so on until each layer receives its share of force-meat. Press all firmly together; tie in a piece of cheese-cloth; put it into a kettle of salted boiling water, and boil two hours. When done, carefully remove the cloth, and serve the cabbage in a deep round dish with a Cream Sauce (see receipt) poured over it.

STEWED RED CABBAGE À LA FLAMANDE.

CHOUX FARCIS À LA FLAMANDE.

Prepare a red cabbage as directed (see Stuffed Cabbage); stuff it with a force-meat of mutton, veal, or sausage-meat (see Force-meat); cover ½ with stock and red wine, and stew it for 3 or 4 hours until perfectly tender. It must simmer very gently. Dish the cabbage on a round dish; set the sauce again on the fire and boil it down briskly for a few minutes, then stir in a little corn-starch blended with cold water; boil 3 minutes, stirring constantly; strain, and pour over the cabbage.

N. B.—The cabbage must be kept covered air-tight while cooking.

MEAT SAUSAGES FOR BREAKFAST.

Cold meat, minced very fine,
¼ bulk of meat in chopped pork,
Powdered sage or sweet herbs,
1 egg,
Pepper and salt,
Lemon-juice.

Mix all well together; form into balls, and fry in hot butter and lard mixed. Serve with apple sauce or fried apples. You may add to the mixture ½ or ¼ of the bulk of boiled rice or stale bread-crumbs.

TOAD-IN-THE-HOLE.

1 pound of round steak or mutton, cold,
1 pint of milk,
Salt,
1 egg, beaten light,
1 cup of flour,
Pepper.

Cut the meat in dice. Beat the milk into the egg; stir these into the flour; beat well; add seasonings and meat; put into a buttered baking-dish. Bake 1 hour. Serve in the same dish.

FORCE-MEATS, GARNISHES, ETC.

QUENELLES.

1 pound of lean veal from the leg, poultry, or game,
1 pound of bread-crumbs,
2 tablespoons of rich Cream Sauce,
6 ounces of butter,
1 ounce of butter,
Pinch of salt and pepper,
5 eggs less 2 whites.

Pound the veal; scrape it with a knife; pound it in a mortar; then rub it through a sieve. Steep the inside of a loaf of bread for 1 or 2 minutes in tepid water, then squeeze it quite dry. Put the bread in a stewpan with 1 ounce of butter, and stir it over the fire until it ceases to stick to the pan and forms a smooth, stiff paste. Add a pinch of salt. Remove it from the fire, and set it away to cool between 2 plates. When cold, put 12 ounces of the prepared veal, 6 ounces of fresh butter, and 8 ounces of the bread-panada into a mortar and pound well together; break in, one by one, 3 whole eggs; mix well; add 2 more yolks of eggs and the Cream Sauce (see receipt). Season with pepper and salt and a pinch of mace to taste. When the force-meat has been pounded to a smooth, even paste, put it away in a bowl to cool, and it is ready for use. To cook it, have ready a saucepan of salted boiling water; take up the meat between 2 tablespoons; smooth it in good shape, and drop it into the boiling water. Test some first. If the quenelles are too soft, add more egg; if too hard, more bread-panada or sauce. These large ones may be served in a circle with a sauce of mushrooms or truffles; or the force-meat may be poached in small almond-shaped pieces or balls and served in clear soup. Quenelles are also very useful as a garnish for Vol-au-Vents, etc. (see receipts).

SOYER'S RECEIPT FOR QUENELLES.

1½ pounds of fillet of veal,	4 eggs,
6 ounces of panada,	1 pound of fresh beef suet,
¼ teaspoon of pepper,	1 teaspoon of salt,

⅛ teaspoon grated nutmeg.

Cut the veal into long, thin slices; scrape with a knife until nothing remains but fibre; put it into a mortar and pound 10 minutes, or until it becomes of the consistency of a purée; pass it through a wire sieve (the piece which is left can be put in the soup-pot). Skin, shred, and chop the suet very fine; put it into the mortar and pound it. Add the panada (that is, the crumb of bread soaked in milk and boiled until nearly dry) to the suet; pound them well together. Add the veal. Add seasonings. Work all well together. Add then, 1 at a time, the 4 eggs, continually pounding the contents of the mortar. When well mixed, take a small piece in a spoon and poach it in salted boiling water; if it is delicate, firm, and of a good flavor, it is ready for use. N. B.—If too soft, add another yolk of egg; if too firm, add a little cream or stock. The flavor may be varied by making up the weight of veal by a small proportion of ham; 1 or 2 mushrooms may also be used. The essential point is to pound the mixture unsparingly; the more it is pounded the finer and more delicate will be the quenelles.

FISH QUENELLES.

QUENELLES DE POISSON.

¼ pound of bread-panada,	Pepper,
1 pound of flesh of any fine fish,	Salt,
2 eggs,	¼ pound of butter.

Rub the fish, freed from skin and bone, through a sieve. Prepare the bread-panada (see Quenelles). Mix with it the butter and fish; season with pepper, salt, and a pinch of nutmeg or mace, and pound in the mortar. Mix in the eggs, 1 at a time; moisten with a little Fish-broth (see receipt), and pound all together until it becomes a smooth paste. Poach

as directed, using fish-stock instead of plain boiling water. Serve large quenelles as an entrée, with Lobster or Shrimp Sauce (see receipts), or as a garnish. Test a piece of the force-meat in the boiling broth; if too soft, add an egg; if too firm, add a little more fish-stock and panada.

EGG BALLS.

6 hard-boiled eggs,
2 yolks of raw eggs,
Pinch of flour,
Salt to taste.

Pound the hard-boiled yolks of eggs until perfectly smooth in a mortar or bowl. Beat the raw yolks. Add them, with the flour and salt, to the cooked eggs. Mix all together and roll into balls the size of hickory-nuts. Have ready a sauce-pan of salted boiling water; drop the balls into it and boil until firm, about 5 minutes.

OYSTER FORCE-MEAT AND BALLS.

1 dozen oysters,
1½ ounces of butter,
Cayenne and salt,
1 egg-yolk,
4 ounces of bread-crumbs,
½ saltspoon of mace,
Chopped parsley,
Grated rind of half small lemon,
1 dessert-spoon of oyster-juice.

Scald the oysters in their own juice; cut in small pieces; mix; roll into balls; fry in butter 7 to 10 minutes, or poach in water 5 to 6 minutes.

FORCE-MEAT BALLS NO. I.

A little finely-chopped veal,
¼ the bulk in suet,
Lemon-juice,
1 yolk of egg,
Cracker or bread-crumbs.
Pepper and salt.

Mix well together. Roll in balls the size of a hickory-nut. Fry 2 or 3 minutes in hot butter, or boil in salted boiling water or stock until firm.

FORCE-MEAT BALLS NO. II.

Take any kind of cold meat or chicken and ham, chopped very fine; season with pepper, salt, chopped parsley, thyme,

lemon-juice, a little grated peel, a bit of onion, chopped and fried. Break in 1 egg; sprinkle with flour. Roll into balls the size of a hickory-nut, and fry in hot butter, or as above.

GARNISHES FOR CLEAR SOUPS.

Quenelles.
Croûtons,
Force-meat balls.
Poached eggs, 1 to each person.
Lemon, 1 slice to each person.
Yolks of hard-boiled eggs, 1 for each person.
Noodles, French, German, or Swedish.
Sausages, cut in thin slices and fried.
Macaroni, Vermicelli, and Italian pastes.
Arrow-root, corn-starch, sago, tapioca, rice.
Mixed vegetables, sliced fine, and stewed in butter.
For a light-bodied soup, a few spoonfuls of stewed tomatoes.

CROÛTONS NO. I.

Slice some stale bread. Remove the crust. Cut in small dice. Heat some butter in a pan on the fire. When it is boiling, drop in the bread. Shake frequently till light golden-brown. The butter should nearly cover the bread. When done, in about 1 minute, remove with a skimmer to brown paper in the open mouth of the oven. When dry, serve on a cut paper at the same time with tomato soup or any other purée.

CROÛTONS NO. II.

Proceed as above, using lard instead of butter. Let the lard entirely cover the toasts. They will not require more than 1 or 2 minutes. When pale-yellow, skim out, dry, and serve as above. These are much prettier in color than the croûtons fried in butter. N. B.—The lard must be boiling. (See General Directions for Frying.)

FANCY CROÛTONS.

Cut stale bread into thin ½-inch slices; stamp out any shape, according to fancy—diamonds, rings, etc., etc. Fry these as directed for Croûtons No. 2, and use as a garnish for minces, ragoûts, stewed kidneys, sweetbreads, fish, etc., etc. To make a border of these croûtons, dip one side of each in white-of-egg mixed with a pinch of flour, to make it adhere to the edge of the dish, and arrange them one next to the other, according to taste. These croûtons for garnishing may also be cut in cubes 1¼ inches by 2½ inches long.

FRIED BREAD-CRUMBS FOR GAME, ETC.

Cut the bread into thin slices; place these in a cool oven with the door open overnight, if you have time. When thoroughly dry and crisp, but not brown, roll them to a fine crumb. Bring some lard gradually to a boil in the frying-pan. When you are sure it is boiling (see General Directions for Frying), throw in the crumbs, and fry quickly till golden-brown. Do not let them darken or burn. When done, skim out on a sieve; set in the open oven, and when dry, serve. Very nice to serve in small heaps around grouse or other game.

FRENCH NOODLES.

NOUILLES.

1 pint of flour,	6 yolks of eggs,
Salt and pepper,	2 whites of eggs,
Grated nutmeg,	Chopped parsley.

Mix all together with cold water enough to make a firm paste. Flour the board and roll very thin. Roll this paste up like a sheet of music. Now cut it in strips ⅛ of an inch wide. Flour these to prevent sticking together. Drop a few at a time into salted boiling water or boiling broth. Cook 30 minutes. Drain and add to the soup.

GERMAN NOODLES.

2 eggs, Flour for paste.

Beat the eggs well and work in flour to make a firm paste; knead well; divide into two parts. Roll each out thin and leave it to dry for a little while without hardening. Roll it up and cut into small pieces the size of a large pea. Scatter them in boiling salted water. When done through, drain and throw into your boiling soup. Simmer for 15 minutes.

SWEDISH NOODLES.

Beat up 1 egg with a pinch of salt until it froths; then work in as much sifted flour as it will take up (about 3 tablespoonfuls). Knead it until it becomes a firm, smooth, elastic paste. Then roll it out on a slightly floured board until as thin as writing-paper. When it is as thin as possible, slip under the sheet of paste a smooth, slightly-floured cloth. Cover the paste likewise. This enables you to roll it still thinner. Now cut the paste into rounds with a thimble or something equally small. The paste should be folded, so that 2 discs may be cut at a time. Have ready on the fire a saucepan of deep boiling lard. When you are certain that it is boiling, drop in the discs of paste. They will immediately swell into golden balls, requiring not more than a minute to color. Skim them out; drain on brown paper, and add to the soup.

HAM FORCE-MEAT.

1 pint of cold boiled ham, chopped fine,
½ " of stale bread-crumbs,
1 heaping tablespoon of chopped parsley,
1 teaspoon French (or English mixed) mustard,
1 pint of milk,
Yolks of 3 eggs,
½ teaspoon of salt,
⅛ " cayenne.

Bring the milk to a boil; add the bread-crumbs, and stir until it thickens; remove from the fire; then add the yolks of eggs; add all other ingredients. Mix well. Set aside to cool.

Use as stuffing for meats or poultry; it is especially recommended for veal. *Or*, when cold and firm, form into balls; roll in egg and bread-crumbs and fry like croquettes. A good relish, in this form, for breakfast.

CHESTNUT DRESSING NO. I.

1 pint of large chestnuts,
1 teaspoon of salt,
1 tablespoon of butter,
Pepper.

Roast the chestnuts. When done, remove the shells and skins, and mash. Add the butter, pepper, and salt; mix and fill the craws of 2 moderate-sized chickens.

SAGE STUFFING FOR GEESE OR TAME DUCKS.

1 pint of stale bread-crumbs,
2 teaspoons of powdered sage,
1 teaspoon of salt,
2 tablespoons of melted butter,
1 tablespoon of chopped parsley,
¼ teaspoon of black pepper,
1 teaspoon of powdered sweet marjoram.

Mix all together and moisten with the butter. It is then ready for use.

POTATO DRESSING.

2 cups of hot mashed potatoes,
1 teaspoon of grated onion, or juice,
¼ " " black pepper,
1 " " salt,
4 tablespoons of cream,
1 tablespoon of chopped parsley,
1 " " butter,
Yolks of 2 eggs.

Mix thoroughly. Use for tame ducks and geese.

CHESTNUT DRESSING NO. II.

Roasted chestnuts, sausage-meat and any cold meat, such as chicken or veal, chopped very fine. Season with pepper and salt and add butter. Use for chicken or turkey.

MUSHROOM DRESSING.

Mushrooms, calf's liver, pork, parsley, chives, butter, pepper and salt, all minced together very fine and stirred over the fire for 5 minutes.

BREAD-CRUMB DRESSING FOR ROASTED POULTRY.

Dried bread-crumbs fried in butter, parsley chopped fine, grated onion, pepper, salt, the liver of the turkey chopped, a pinch of thyme. To this can be added a few small oysters browned in hot butter. Recommended.

SWEET-POTATO DRESSING FOR TURKEY.

A turkey may be stuffed with a Purée of Mashed Sweet Potatoes (see receipt).

SAGE DRESSING FOR TURKEYS, FOWLS, GEESE, ETC.

2 onions, chopped very fine, fried in butter,
5 ounces bread-crumbs, soaked and squeezed dry,
Minced salt pork (a little),
Chopped celery,
8 sage leaves,
1 ounce of butter,
1 egg,
Salt and pepper.

Mix thoroughly and it is ready for use.

SWEET-HERB DRESSING FOR VEAL.

Powdered thyme, summer savory, etc.,
½ grated lemon-rind,
A squeeze of lemon-juice,
½ cup chopped ham,
2 cups of bread-crumbs,
½ teaspoon made mustard,
Pepper and salt,
1 tablespoon chopped parsley.

Mix thoroughly; it is now ready for use.

OYSTER DRESSING FOR BOILED POULTRY.

25 oysters,
1 tablespoon of chopped parsley,
1 " " butter,
1 teaspoon of sweet marjoram,
1 " " salt,
Pepper to taste,
1 quart of stale bread-crumbs.

This will make sufficient dressing for a large turkey or 2 good-sized chickens.

Drain the oysters and feel that no shell or grit remains in them. Melt the butter and then mix all the ingredients well together and use. Serve with oyster sauce.

SAUSAGE DRESSING FOR TURKEY.

The liver of the turkey, sausage-meat, parsley, chives, salt, pepper, and pork minced fine. Truffles are a great addition to this last.

FRIED PARSLEY.

Parsley, **Lard or sweet drippings.**

Wash, pick, and thoroughly dry handsome, full sprigs of parsley. Bring the lard to a boil. Test it to be certain that it is ready (see General Directions for Frying). Lay the parsley in the frying-basket and plunge it for about 1 minute (perhaps less) into the lard, which should be deep enough to cover it. It should be crisped without blackening. Remove the basket; drain, and set it before the fire or in the open oven for a few minutes to dry. This should always be served in a large bunch in the centre of a dish of croquettes, lobster chops, fried smelts; indeed with any thing that is dipped and fried. In this way the same lard is used for the parsley when the other frying is finished, and is really no trouble.

TO MIX ENGLISH MUSTARD.

Mustard flour, **Boiling water,**
Vinegar, **Salt and sugar.**

Put the mustard in a cup; pour upon it a few drops of boiling water and mix rapidly to a stiff paste. Add a few drops of vinegar to thin it; a good pinch of sugar, and a little salt. This will be found to be a decided improvement on the usual method of mixing mustard.

PASTRY CROÛTONS.

Roll out Puff Paste or Flaky Crust $\frac{1}{3}$ of an inch thick. Cut into diamonds about 3 inches long. Bake. Use as garnish for stewed sweetbreads, etc., etc.

GLAZE.

GLACE.

Having cleared 2 quarts of Consommé (see receipt), set it in an uncovered stewpan over a brisk fire, and let it boil and evaporate until reduced to a sticky and stiff consistency ; stir constantly and be careful that it does not blacken, or it will become bitter. If wanted to keep on hand, take a larger quantity than the above, as it reduces very much, and when quite thick and stiff, put it into an earthenware jar which can be stood in hot water (*bain-marie*) when the glaze is required for use. Good for glazing hams, tongues, and other large pieces of meat.

N. B.—In making consommé for glaze, omit turnips, which make it bitter.

SAUCES.

GENERAL DIRECTIONS.

BROWN ROUX.

ROUX BRUN.

1 tablespoon of flour, 1 tablespoon of butter.

Melt the butter slowly; sprinkle in the flour and stir it over the fire until every particle of the flour is uniformly browned. The fire must not be too hot after the first few moments. It will require about 25 minutes. Be very careful that it does not scorch, as this gives a bitter taste to the sauce. The butter must be very good, and there should be only just flour enough to absorb the butter. The above quantity is sufficient to thicken 2 gills of sauce or 1 pint of soup. The sauce to be thickened should be strong and well flavored with herbs, spices, etc., boiled down until very savory (such as Consommé), then strained; while boiling, it should be stirred *into* the roux which you have drawn aside and allowed to cool slightly. Pour it in very gradually, stirring all the time. Then set the saucepan again where it will boil, and boil for 3 or 4 minutes longer, or until the sauce is very rich, smooth, and as thick as required. It is of the utmost importance to learn the proper mode for putting together the different elements of these Mother Sauces (*Sauces Mères*), as the French call the Espagnole, Velouté, Béchamel, and Allemande. They are the foundation of all the infinite variety of fancy sauces. Proper attention is not paid in our country to the importance of perfecting this

branch of cookery, which is of immense value in many ways, and pre-eminently in the matter of domestic economy; a good sauce often helping a very meagre and commonplace dish to pass for something quite elegant.

Of course, it is often necessary to thicken a sauce quickly at the time of serving. In this case the proper thing to use is corn-starch, arrow-root, or potato-flour rubbed smooth with a few drops of cold water, and stirred into the sauce while boiling, stirring quickly all the time and boiling for about 3 minutes, until transparent. In this case the allowance would be about 2 medium teaspoonfuls of corn-starch to the pint; it is very easy to gauge the quantity required at the moment. The disadvantage of this latter system is, that after a certain amount of boiling, or in re-heating, the sauce becomes thin again and must be thickened anew. The proper way, therefore, whenever circumstances allow, is to use the roux to thicken, and that, if possible, at the *beginning* of the preparation of the sauce (see, for example, directions for Beef à la Mode, etc.) where a handsome sauce is required. A dark, rich, strong gravy or "jus" (see Brown Gravy) does not require thickening. Never under any circumstances allow yourself to be tempted to use burnt or browned flour for thickening sauces; it is a relic of barbarism, almost invariably practised by the commonplace Hibernian cook, and every good housekeeper should forbid the use of it. How many roast-beef and poultry gravies are rendered bitter and all the true flavor ruined by this wretched practice! Study to make good sauces, and you will find yourself well repaid by the results.

WHITE ROUX.

ROUX BLANC.

The same rule as for Brown Roux is to be followed for White Roux, excepting that, although the flour must be worked into the butter over the fire, it must not be allowed to color, unless it be very slightly for certain sauces, such

as the Velouté or Blonde, which should be pale yellow. The White Roux is used for all white sauces, such as Béchamel, Cream, etc. The roux, be it White or Brown, may be made in larger quantities, and set away in glass or earthenware jars, where it will keep as much as 6 months in a cool place. It can be sprinkled into the boiling sauce, and stirred until thick, allowing about one heaping dessert-spoonful to 1 pint of sauce, and boiling about 3 minutes or longer until thick enough. Note.—All the sauces containing milk or cream should be mixed in a saucepan which is set over another in which is boiling water (*bain-marie*). Whenever a sauce of whatsoever kind it may be, is to be kept hot, set it also *au bain-marie*.

COLORING FOR SAUCES OR SOUPS.

If your soup or sauce is not of a satisfactory color, or if the flavor is harsh or unpleasing, chop up one onion, put it into a frying-pan with 1 tablespoonful of butter, and sprinkle over it about 1 saltspoonful of sugar. Stir together constantly, so that no one part may burn before all has attained a beautiful, clear, reddish brown. Add a few spoonfuls of the sauce or soup you wish to improve; stir well and pour into the body of the soup, which may continue to boil after this any time required. Strain before serving.

BLENDING FOR SAUCES AND SOUPS.

LIAISON.

3 yolks of eggs, 8 tablespoons of cream.

Beat the yolks of eggs in a bowl; add the cream. Strain through a fine sieve. When the sauce or soup boils, put a few spoonfuls of it *into* the eggs and cream, stirring quickly; add a little more by degrees; when the liaison is quite smooth and warmed by the addition of the liquid, remove the saucepan from the fire and pour the eggs and cream carefully into the soup or sauce. It may be heated again, but *do not let it*

boil after the liaison is added, or it will curdle. This is a great addition to all purées, whether soup or sauce. The above quantity will serve for 2 quarts of soup or 1 of sauce.

BROWN SAUCE.

SAUCE ESPAGNOLE.

2 slices of lean ham,
6 gills of stock,
½ bay-leaf,
6 chives or 1 onion, chopped,
2 whole cloves,
2 gills of sherry,
1 pound of lean veal,
3 sprigs of parsley,
3 sprigs of sweet herbs, thyme, etc.,
3 shallots,
1 blade of mace,
Flour and butter.

Cut the ham and veal into small dice. Put them into a stewpan with 2 gills of the stock and simmer gently until the bottom of the saucepan is covered with a nice glaze; then add about one gill more of the stock and stir it around to detach the glaze from the bottom of the pan. Add the herbs, seasonings, onions, etc., and the rest of the stock; cover and simmer gently for two hours. Strain and skim off all fat. When ready to use, thicken it with a Brown Roux (see receipt), allowing about 1 tablespoonful of the roux to 1 pint of the gravy. Remove the roux from the fire. Add the gravy to it when the former is boiling; stir and blend perfectly smooth, boiling for about 2 minutes. Add lastly the wine, and a little cayenne if necessary.

BROWN GRAVY.

JUS.

2 pounds shin of beef,
1 onion,
Salt and black pepper-corns to taste,
Bunch of sweet herbs,
¼ pound of lean ham,
2 pints of water,
1 blade of mace,
½ large carrot.
½ head of celery.

Cut the beef and ham in small pieces. Slice the vegetables. Take a jar large enough to hold all the ingredients, including water. Arrange in layers the ham, beef, vegetables, and

seasonings alternately; pour the water over the whole. Set the cover on the jar and tie it so that the steam may not escape. Place it in a very moderate oven and let it bake from 6 to 8 hours. Should the oven be hot, less time will be required, say about 5 hours. Strain off the gravy, and when cold, skim off the grease. It may be flavored with wine, if necessary, but need not be thickened unless particularly desired; in which case, use very little corn-starch blended with cold water, and boil 2 or 3 minutes. Recommended.

CREAM SAUCE.

SAUCE À LA CRÈME.

1 tablespoon of flour,
1 very large tablespoon of butter,
2 gills of new milk,
½ teaspoon of salt,
Pepper to taste.

Put ¾ of the butter in a saucepan over the fire. As soon as it melts, add the flour; stir till blended. Be careful not to let it brown. Add the boiling milk, by degrees, to the flour and butter, stirring without ceasing. Boil 3 minutes. Remove from the fire; add salt, white pepper, and the rest of the butter; stir until the butter melts, and serve immediately. If it has to be kept, set it over a kettle of boiling water (*bain-marie*); leave the spoon in it, and every now and again stir it down or the top will form a scum. Do not let it boil after the last butter is added. Cream may be used instead of new milk.

BÉCHAMEL SAUCE.

SAUCE BÉCHAMEL.

¼ onion, chopped,
Butter,
2 fresh mushrooms,
Bunch of sweet herbs,
1 pint of Velouté Sauce,
2 gills of rich cream,
2 ounces of raw ham,
Stick of celery, cut fine,
½ carrot, cut fine,
2 cloves,
4 allspice,
½ blade of mace.

Stew the onion very gently in about 1 tablespoonful of butter, until very tender, but not at all brown; add the ham,

vegetables, herbs, and spices, and stew gently for 10 minutes, without browning. Then pour off any butter that may not have been absorbed. Add the Velouté (see receipt); stir it in, and bring to a boil. Boil for 5 or 10 minutes, stirring constantly. Then add by degrees, a very little at a time, the cream, which should be rich, sweet, and not heated. When all the cream is well blended with the sauce, the latter should be velvet-smooth, rich, and delicious. Strain, and serve as soon as possible. Use for the preparation of this, and all kindred sauces, a saucepan, set over another of boiling water (*bain-marie*). Serve with fish, chicken, sweetbreads, etc. The above receipt is taken from a good French authority, that of Urbain-Dubois. A simpler adaptation of the above is to use a good, smooth Cream Sauce (see receipt) in place of the velouté, which may not always be attainable.

SAUCE ALLEMANDE.

Make exactly the same as Velouté (see receipt), boiling it down both before and after thickening until strong and well flavored. Beat the yolks of eggs in a bowl, allowing one more than for the velouté; mix them with a little grated nutmeg and a lump of butter the size of a hickory-nut. When the sauce is boiling, stir it very gradually into the eggs; then replace it over boiling water on the fire, and stir it rapidly for a few minutes, but do not let it boil. Be careful not to let it curdle.

POULETTE SAUCE.

SAUCE POULETTE.

Cream Sauce,	1 teaspoon of chopped parsley,
2 eggs,	1 " " " chives,
White pepper,	Salt.

Make a Cream Sauce (see receipt). To this add the parsley and chives, or substitute for the latter ½ an onion, grated. When it is boiling, stir it briskly into the eggs, which are ready, beaten, in a bowl. Return to the side of the fire, and

stir for 1 or 2 minutes, being very careful not to boil, or the eggs will curdle. Serve immediately. If this sauce has to be kept standing, do not add the eggs until the last moment before serving.

CELERY SAUCE.

SAUCE AU CÉLERI.

Cut the celery in 1-inch lengths; put it in a saucepan; cover with boiling water. Boil about 30 minutes, until tender. Make a White Roux (see receipt). Strain out the celery; blend the water in which the celery was boiled with the roux. Set it over the fire and stir until perfectly smooth and thick; add salt, pepper, and the celery; set it over boiling water and let it stew gently until the celery begins to go to pieces. *Or*, make a Cream Sauce (see receipt), and when the celery is boiled tender, drain and stew it, as described, in the cream sauce. Serve with boiled turkey, chicken, etc.

SAUCE DIABLE.

White Sauce, Sherry,
Celery-salt, Cayenne,
Curry-powder.

Blend about ½ teaspoonful of the curry with a little of the White Sauce (see receipt), then stir it into the rest. Add the other ingredients, about 1 gill of wine, and 1 saltspoon of celery-salt, and a pinch of cayenne; taste, and be very careful not to allow any one flavor to predominate, except that the cayenne should be perceptible. This is a delicious sauce, but its success depends much upon the judicious admixture of the various seasonings, as the strength of curry-powder and celery-salt vary too much to enable one to fix the exact quantities. Use for shell-fish, chicken, sweetbreads, etc.

PICKLE SAUCE.

SAUCE AUX CORNICHONS.

To the receipt for White Sauce, add chopped gherkins or other vinegar (not mustard) pickles before serving.

WHITE SAUCE.

SAUCE BLANCHE.

3 ounces of butter,	1 ounce of flour,
2 gills of water,	Pepper and salt.

Put 2 ounces of the butter in a stewpan; when it melts, add the flour. Stir for 1 minute or more, but do not brown. Then add by degrees the boiling water, stirring until smooth, and boiling about 2 minutes. If not perfectly smooth, pass it through a sieve; then add the rest of the butter, cut in pieces. When the butter is melted, serve immediately. This makes about 1 pint of sauce. You may add as a great improvement a little lemon-juice or a few drops of vinegar. N. B.—If the sauce is to have other ingredients added, it is best to have it very thick to begin with.

CAPER SAUCE.

SAUCE AUX CÂPRES.

To the receipt for White Sauce, add three teaspoonfuls of French capers just before serving. Serve with boiled mutton.

HARD-EGG SAUCE.

To the receipt for White Sauce, add hard-boiled eggs chopped not too fine, and a little finely-chopped parsley. Serve with boiled fish or fowl.

ANCHOVY SAUCE.

SAUCE AU BEURRE D'ANCHOIS.

To the receipt for White Sauce, add anchovy paste to taste. Serve with boiled fish.

LOBSTER SAUCE.

SAUCE HOMARD.

To 1 pint of Cream Sauce (see receipt), add the meat of tail and claws chopped not too fine, a little of the coral

rubbed smooth for coloring, salt, pepper, and cayenne. If possible, use 1 gill of cream and 1 gill of boiling water or stock in blending this sauce, as it will make it much richer and smoother. If you have no cream, rub up the coral with 1 tablespoonful of butter, adding it just before serving.

PARSLEY CREAM SAUCE.

To the receipt for White or for Cream Sauce add 1 heaping tablespoonful of finely-chopped parsley.

CAULIFLOWER SAUCE.

SAUCE AUX CHOUXFLEURS.

Use either White or Cream Sauce (see receipts), adding to it the flowerets of cauliflower previously boiled tender. Serve with boiled fowl, veal sauté, etc., etc.

OYSTER SAUCE.

SAUCE AUX HUÎTRES.

To the receipt for Cream Sauce, add oysters. In this case use the strained juice of the oysters to blend the flour and butter, adding cream or rich milk to make up the quantity required. It must be boiling when added to the butter and flour. The oysters must be scalded in their own juice until almost firm, then added to the sauce 5 minutes before it is to be served. Season with celery-salt, white pepper, and cayenne.

SAUCE VELOUTÉ.

Proceed as for White Sauce (see receipt), using stock instead of water to blend the butter and flour, which last should be pale yellow. When it is cooked, remove it from the fire and stir it into the well-beaten yolks of 2 or 3 eggs. If you are by any misfortune obliged to keep it hot after the eggs are added, set it over hot water, and do not boil

again, or it will curdle. Add salt, pepper, and a little lemon-juice and chopped parsley. A little grated onion may be added at the same time as the broth. In this case it is safer to strain the sauce before serving, to avoid the possibility of any onion remaining in it. N. B.—The best stock for this sauce is one made of chicken or veal and a little ham; it should be highly flavored and not too dark-colored. The sauce, when ready to serve, should be light yellow.

MAÎTRE D'HÔTEL BUTTER.

BEURRE MAÎTRE D'HÔTEL.

Mix together, cold, 1 tablespoonful each of butter and very finely-chopped parsley, and 1 teaspoonful of lemon-juice; pepper and salt. The parsley should be as fine as powder. Work all well together. Use for broiled steaks, fish, etc., spreading the top generously with it, setting in the mouth of the oven 2 or 3 minutes until melted.

MAÎTRE D'HÔTEL SAUCE.

SAUCE MAÎTRE D'HÔTEL.

Same as above, melted over a pan of boiling water, and served in a sauce-boat. Use with boiled fish, etc.

SAUCE BÉARNAISE.

6 shallots, or bunch of chives, ½ gill of vinegar.

Chop the shallots, chives (or small bit of garlic); put it, with the vinegar, in a china-lined saucepan on one corner of the range, and let it simmer until reduced about ⅓, then strain it and set aside.

6 yolks of eggs,
¼ pound of butter,
Pepper,
Lemon-juice, if necessary,
Glaze,
Grated nutmeg.

Boil down some good consommé to a glaze, if you have none already prepared. Break the yolks of eggs into a

saucepan which will stand in one of boiling water (*bain-marie*). Add the butter, pepper, and a pinch of grated nutmeg. Place the saucepan of eggs in the saucepan of boiling water, and stir without ceasing until the eggs begin to thicken. Do not allow the eggs to come to boiling point, or they will curdle. When beginning to thicken, add an equal bulk of the glaze described, a very little at a time, and stirring constantly. When as thick as very rich custard, add the vinegar as described above. If not acid enough, add a squeeze of lemon-juice and a pinch of salt, but very carefully. If the sauce curdles, or is too thick, add a few drops of cold water and stir. Serve immediately with fish, lobster, chops, and grills of all sorts. Beefsteak broiled and served with this sauce is the famous dish at the historic Restaurant Henri IV. at St. Germain.

TERRAPIN SAUCE.

6 yolks of eggs, boiled very hard,	1 gill of cream,
¼ pound of butter,	Salt and pepper,
1 gill of sherry	Cayenne.

Rub the yolks of eggs to a powder; add the cream (or an equal quantity of Cream Sauce) and seasonings, stirring over the fire for 2 or 3 minutes until thoroughly hot, but do not boil. Remove from the fire and add the wine. Add whatever meat or fish you wish to use with the sauce. Stand it over boiling water (*bain-marie*) until heated through, and serve. This sauce is excellent with:

Terrapin,	Beefsteak,
Veal,	Lobster,
Boiled calf's liver, cut in dice,	Kidney,

Cold chicken, cut in dice, etc., etc.

It improves very much if prepared in the morning, and set away with the meat in it, ready to be served. Half an hour before it is required, stand the dish over boiling water. Be sure the sauce and meat become thoroughly heated through. Serve in a casserole.

MUSHROOM SAUCE FOR FILET OF BEEF.

SAUCE AUX CHAMPIGNONS.

2 gills of stock,
1 can of mushrooms,
½ the juice of a can of mushrooms,
Lemon-juice,
1 tablespoon of butter,
Pepper and salt,
1 heaping tablespoon of flour.

Skim the stock, and put it and the mushroom-juice in a saucepan on the fire. Now put the butter and flour in a frying-pan, and stir together over the fire until well browned (roux); remove from the fire, and stir in the boiling stock; add the mushrooms, a few drops of lemon-juice, salt, and pepper; stew for five minutes, until the mushrooms are well heated through. Pour part of this sauce over the filet. Serve the rest in a sauce-boat.

MADEIRA SAUCE.

SAUCE MADÈRE.

2 gills of Espagnole or Brown Sauce,
1 gill of sherry,
1 gill of truffles, cut in pieces,
1 " mushrooms, " " "
2 gills Tomato Sauce.

Boil together the Tomato and Espagnole (see receipts) for 5 minutes. Add salt, pepper if required, the mushrooms, and truffles; when heated, stir in the wine, and serve. This sauce should be prepared over boiling water (*bain-marie*). Serve with filet of beef, etc.

SAUCE AU BEURRE NOIR.

½ pound of butter,
Salt and pepper to taste,
1 tablespoon of chopped parsley,
3 tablespoons of vinegar.

Melt the butter in a saucepan. When it smokes, and begins to brown, add the vinegar and seasonings. Let all simmer for 2 or 3 minutes, until of a good dark color; add the parsley, and serve. Use with calves' brains, lobster, eggs, etc.

PLAIN MELTED BUTTER.

Put a large piece of best butter into a bowl. Stand this in boiling water until the butter melts; pour it off through a fine sieve, leaving in the bowl any sediment there may be. Beat into it a pinch of salt, and serve in a hot sauce-boat. This is called by some authorities the real Sauce Hollandaise; but on this point opinions differ.

SAUCE HOLLANDAISE.

3 teaspoons of vinegar,	Lemon-juice,
4 yolks of eggs,	3 small black pepper-corns,
Salt and pinch of grated nutmeg,	5 ounces of butter,

1 teaspoon of Velouté.

Boil the vinegar with the pepper-corns until reduced one half. Strain and set aside to cool. Mix in a saucepan one half of the butter cut into small pieces, the yolks of eggs, a little salt, pinch of grated nutmeg, and the vinegar. Set the saucepan over boiling water, and stir unceasingly with a wooden spoon until it is perfectly smooth. Strain it into another saucepan, and set it back over boiling water as before, *beating* it steadily. Add, by degrees, the remainder of the butter, divided in bits, and the Velouté (which may be replaced by the same quantity of good White Sauce, see receipt). When the sauce is very light aud frothy, remove from the fire, squeeze in a little lemon-juice, and serve immediately with fish, etc.

TOMATO SAUCE.

SAUCE TOMATE.

6 large tomatoes, or 1 can,	2 chopped onions,
Butter, size of an egg,	Salt and pepper,
Bunch of parsley and thyme,	Pinch of sugar,
1 tablespoon of butter,	2 tablespoons of flour.

Peel the tomatoes, and put into a saucepan with butter, thyme, onions, and parsley (and 1 clove of garlic chopped and fried in butter). Set over boiling water, and stew very

gently for 3 hours. Then press fruit and juice all through a sieve, rejecting only the seeds and herbs. Meanwhile, prepare a roux, allowing to 1 quart of sauce 1 tablespoonful of butter and 2 of flour, stirred together over the fire until light golden-brown—no darker, or the color of the sauce will be injured. When the sauce is strained, remove the roux from the fire; stir in the sauce. Return it to the fire. Stir and boil 3 to 5 minutes, until rich and thick. Should the sauce be already quite thick with the pulp of the tomatoes, use less thickening. If served with fricandeau, veal sauté, or filet of beef, add the juices of the meat to the sauce.

TOMATO SAUCE WITH WINE.

Add to the above receipt, sherry to taste. Excellent.

PARSLEY SAUCE.

SAUCE PERSIL.

Parsley, chopped fine,
Salt and pepper and broth,
Bread-crumbs,
Vinegar.

Rub together equal quantities of parsley and bread-crumbs; moisten with broth; add seasoning, and stir over the fire until smooth and thoroughly hot, but do not boil. Serve.

SPANISH RED-PEPPER SAUCE.

SALSA PIMIENTO DULCE.

2 sweet red-peppers,
1 gill of sweet oil,
1 clove of garlic,
Salt and vinegar.

Put the peppers into boiling water until tender. Be careful that all the seeds are removed. Rub them to a paste with the garlic. Moisten with a little water. Heat the oil in a frying-pan, and when hot, stir in the pepper. Add seasonings. This is a good sauce in which to warm fish.

from which the bones have been removed, or with beefsteak, chops, etc.

N. B.—The Spanish sweet peppers are put up in tins; obtainable from the best grocers and importers.

SAUCE ROBERT.

2 ounces of butter,	3 onions, sliced fine,
4 tablespoons of good stock,	1 teaspoon of made mustard,
Juice of half a lemon,	1 " " vinegar,
Salt and pepper to taste,	1 " " flour.

Melt the butter in a saucepan; when the butter is melted, fry the onions brown, being careful not to burn them. Add the flour; shake the onions in it, and fry again for a few minutes. Then carefully stir in the stock and seasonings, and boil gently for 10 minutes. Skim. Add the mustard, vinegar, and lemon-juice. Boil up once, and serve with steak, pork chops, liver, goose, turkey, etc., etc.

SAUCE POIVRADE.

1 onion, minced,	Butter,
1 gill of vinegar,	1 pint of gravy or stock,
Bunch of parsley,	3 cloves,
Pepper and salt,	Butter and flour.

Fry the onions in butter until yellow; add the vinegar; boil away $\frac{1}{3}$, leaving $\frac{2}{3}$. To this add the gravy or stock, parsley, cloves, pepper, and salt. Boil 1 minute. Add about 1 heaping teaspoonful of flour rubbed up with $\frac{1}{2}$ a teaspoonful of butter. Stir it into the sauce and boil for 10 minutes. Strain, skim; serve with all kinds of broiled or sautéd meats.

SAUCE SOUBISE.

4 large white onions, cut in quarters,	Cream Sauce,
Butter and pinch of sugar,	Salt and pepper.

Put the onions in boiling water and boil about 20 minutes or more until quite tender. Drain thoroughly. Put them in a saucepan with 1 large teaspoonful of butter, and let the

onions stew until slightly yellow: then add a pinch of salt, 1 of sugar and a little white pepper. When the onions are quite tender, mash them through a coarse sieve; add an equal bulk of rich Cream Sauce (see receipt), and serve immediately with filet of beef, fricandeau, beefsteak, etc. The juices of these meats should be stirred into the Soubise, which should be as thick as very rich cream.

SHAD-ROE SAUCE.

Wash 2 shad-roes in cold water. Put them in a saucepan with 1 teaspoon of salt. Cover with boiling water. Put the lid on and simmer 15 minutes. Drain; skin; mash fine. Make a White Sauce (see receipt); add the roes to it; mix well; add a squeeze of lemon-juice, 1 tablespoonful of chopped parsley, cayenne and salt; bring to a boil and serve with baked or boiled shad.

RAVIGOTE SAUCE.

SAUCE RAVIGOTE.

1 teaspoon of mushroom catsup,
1 " " Chili vinegar,
1 " " Reading sauce,
1 sprig of tarragon,
Salt and pepper to taste,
Butter, size of an egg,
1 tablespoon chopped parsley,
3 tablespoons of cream,
3 " thick White Sauce,
½ tablespoon chopped chervil.

Scald the parsley; dry and chop very fine. Have ready the White Sauce (see receipt); add all the other ingredients; mix and serve hot. Heat the sauce over boiling water *(bain-marie)*.

VINAIGRETTE.

5 tablespoons of olive oil,
2 " " vinegar,
Pepper and salt to taste,
1 teaspoon of capers,
1 teaspoon of French mustard,
1 " " chervil, chopped,
1 " " chives, "
1 " " parsley, "
1 teaspoon of chopped pickles.

Mix together cold and use with cold bouilli, sliced hard-boiled eggs, etc., etc. A few pieces of anchovy, shredded, may also be added.

RÉMOULADE SAUCE (COLD).

SAUCE RÉMOULADE.

3 hard-boiled eggs,
1 raw yolk of egg,
1 tablespoon of tarragon vinegar,
½ teaspoon of made mustard,
Salt and cayenne to taste,
3 tablespoons of olive oil.

Boil the eggs as directed (see receipt). When cold, remove the shells; set aside the whites to use, crumbed, as a garnish. Put the yolks in a mortar, or bowl, and mash perfectly smooth. Add to them mustard, seasonings, ⅓ of the vinegar, and mix thoroughly. Now add, drop by drop, the oil, turning all the time, then the yolk of the raw egg, and when this is thoroughly worked in, add the rest of the vinegar. The sauce is now ready to be used with cold meat, fish, or salad. Mix the sauce very carefully to prevent curdling, and always stir one way. The quantities of oil and vinegar may be slightly increased according to taste.

GREEN RÉMOULADE.

RÉMOULADE VERTE.

Is made the same as above, being colored with spinach or parsley-juice.

CHESTNUT SAUCE.

SAUCE AUX MARRONS.

1 pint of large roasted chestnuts,
1 tablespoon of flour,
1 pint of boiling stock
Salt and pepper,
1 large tablespoon of butter.

When the nuts are roasted, peel, and mash fine. Brown together the flour and butter (see roux); remove from the fire; add the stock and nuts. Stir. Return to the fire. Stir and boil 2 minutes. Season. Serve with broiled dindonneau (turkey-chick), roast turkey, fricandeau, etc.

HORSE-RADISH SAUCE.

SAUCE AU RAIFORT.

3 eggs,	1 cup of cream,
Pinch of flour,	Salt,
Grated horse-radish,	Broth.

Cover the horse-radish with broth. Let it boil a few minutes until tender. Rub up the eggs in a bowl with cream and salt. When the horse-radish is tender, add it gradually, while boiling, to the eggs and cream, stirring constantly. Stir over the fire for 2 or 3 minutes to heat and thicken, but do not boil, or the eggs will curdle. Serve with roast meat or with fish.

MINT SAUCE.

1 bunch of mint (a good handful),	Pepper,
1 large tablespoon of sugar,	½ teaspoon of salt,
4 tablespoons of vinegar,	4 tablespoons of boiling water.

Remove the leaves and tips from the coarser parts of the stalks; chop all the best part as fine as powder. Put it in a bowl, and pour over it the boiling water, adding the sugar. Cover closely and set aside until cool, about 15 minutes. Then add the vinegar, pepper, and salt. Serve very cold with roast lamb. The sauce should be thick with the chopped mint: it is usually the reverse, vinegar and water.

SAUCE BLONDE.

1 tablespoon of butter,	½ pint of good stock,
1 " " flour,	Salt and pepper.

Rub together the flour and butter over the fire until pale yellow, but be careful not to brown it; add the boiling stock by degrees, stirring constantly. Boil 3 minutes. Season with lemon-juice, salt, pepper, and serve. If for chicken fricassée, boiled mutton, boiled turkey, etc., use the liquor in which the meat or chicken has cooked, to blend the sauce.

MAYONNAISE SAUCE.

SAUCE MAYONNAISE.

Yolk of 1 egg (in summer 2 yolks),
2 gills of olive oil (perhaps more),
Pepper and salt,
Vinegar.

In the list of ingredients for the sauce should be included a large stock of patience, as, without it, there can be no Mayonnaise! It is one of the essentials, also, to the success of the same, to have both the egg and oil cold, therefore place them in the ice-box some time before they will be required. In summer, the soup-plate in which you make the dressing should be stood upon cracked ice in a pan. Having everything ready at hand, break the eggs, carefully separating whites and yolks. Put the yolks into a soup-plate; pick out the germs, which you reject. Add a dash of white pepper and about ½ a saltspoon of salt to the egg, and work it around just enough to thoroughly mix; then begin with the oil, adding it, literally, drop by drop, stirring with a steady, not too rapid motion, and always in the same direction. Work in the oil in this way, until you have used about 2 gills. A practised hand will manage to make the egg hold more oil, by adding, whenever there is the slightest symptom of "cracking," a few drops of vinegar, mixing steadily for some time, and then beginning again with the oil. The juice of a lemon may be used for the necessary amount of acidity, after the dressing is made as above, but it whitens the sauce. Serve very cold with salads, etc.

TARTARE SAUCE.

SAUCE TARTARE.

2 gills of Mustard Dressing,
Tabasco or cayenne,
1 teaspoon chopped parsley,
Yolk of 1 egg may be added if desired,
1 teaspoon chopped chives or ¼ of a small onion, grated very fine,
1 teaspoon of capers or chopped pickle.

Having made the Mustard Dressing (see receipt), work into it the parsley, chives, and capers; add cayenne or, bet-

ter still, tabasco, and salt to taste. Set on the ice. Serve with brain fritters, fried smelt, lobster chops, cold fish, etc., etc. Delicious.

CUCUMBER SAUCE.

SAUCE AUX CONCOMBRES.

2 gills of Mustard Dressing, 1 medium-sized cucumber,
Yolk of 1 egg may be added if desired.

Having made the Mustard Dressing (see receipt), add to it the cucumber, peeled and grated or chopped very fine. Set on ice until used. Delicious.

APPLE SAUCE FOR PORK AND GOOSE.

PURÉE DE POMMES.

6 large, tart apples, Soft sugar to taste,
Butter, size of a walnut, Water.

Pare, core, quarter the apples. Throw them into cold water as you prepare them. Put them into a saucepan with just enough water to prevent scorching, not more than 2 gills. Boil very gently, uncovered, for about 40 minutes, or until the apples are perfectly soft. Press them through a coarse sieve; add the butter and sugar to taste, and serve.

N. B.—Be careful not to allow the sauce to scorch.

MATELOTE SAUCE FOR FISH.

SAUCE MATELOTE.

½ pint Espagnole or Brown Sauce, 3 onions,
2 tablespoons of mushroom catsup, 1 gill of port wine,
Bunch of sweet-herbs, ½ bay-leaf,
1 clove, 2 allspice,
Salt and pepper to taste, Lemon-juice and anchovy sauce.

Slice and fry the onions brown, but do not burn. Put them in a saucepan with the Espagnole (see receipt), catsup, wine, and 1 gill or 2 of the liquor in which the bones of the fish have boiled (or boiling water). Add seasonings, herbs,

spices. Simmer 10 minutes, stirring frequently. Strain through a fine sieve; add a squeeze of lemon-juice and anchovy sauce to taste. Serve, pouring some of the sauce over the fish and the rest in a boat. This is an especially good sauce for baked fish; may also be used with boiled fish, or may be prepared and the filets of fish stewed in it for about 5 minutes or more, according to their size. The Espagnole may be replaced by the same quantity of fish-broth thickened with roux (see Brown Roux).

CRANBERRY SAUCE.

Put the berries, well washed and picked over, in a saucepan with just enough water to prevent scorching, about 1 gill to a quart of fruit. Stew gently over a moderate fire. Stir frequently with a wooden spoon, mashing the fruit as much as possible. When the berries are all mashed and smooth (about 20 minutes), remove the saucepan from the fire, and stir in immediately enough sugar to sweeten to taste. Dissolve the sugar, but do not boil again. Rinse a mould with cold water; pour in the fruit and set away to harden; *or* if preferred, press the fruit through a coarse sieve, rejecting all the skins, and putting the smooth sauce into a mould as above. Serve with roast turkey.

JELLY SAUCE FOR VENISON, ETC.

Equal quantities of butter, currant-jelly, and port or madeira. Melt the butter first, then add the jelly, and when it is melted, the wine. Bring to boiling point and serve.

Or, if you do not wish to use so much wine, put the jelly, a large piece of butter, and a little boiling water in a saucepan. When this comes to a boil, stir in a little corn-starch blended with a few drops of cold water. Add a little cayenne and some salt. Boil for 3 minutes; add wine to taste; bring to boiling point and serve. The proportions for this last: 1 teaspoon of butter, ½ tumbler of jelly, 1 gill of water, 1 small teaspoonful of corn-starch, 1 gill of wine.

TIME-TABLE FOR COOKING VEGETABLES.

	Hours.	Minutes.
To boil potatoes according to season		25 to 35
To bake large potatoes	1	
To bake large sweet potatoes	1	
To boil large sweet potatoes	1	
To boil Jerusalem artichokes—Put on in boiling water.		15 to 20
To boil French globe artichokes—Put on in boiling water		about 30
To boil asparagus—Put on in boiling water		20 to 30
Asparagus tips—Put on in boiling water		10 to 15
String-beans, uncovered—Put on in salted boiling water		20 to 40
Lima beans—Put on in boiling water		about 40
Beets, young—Put on in boiling water	1	about
Beets, winter—Soak in cold water; boil	4	about
Broccoli—Put on in salted boiling water		30
Brussels sprouts, uncovered—Salted boiling water		about 20
Green corn; no salt—Put on in boiling water		20
Cabbage, young, quartered—Salted boiling water		30 to 45
Cabbage, winter—Two waters	1	or more
Cabbage, cut like slaw—Put on in boiling water		20
Carrots, young—Put on in boiling water		20 to 30
Carrots, winter, whole—Put on in boiling water	1	20 about
Cauliflower—Put on in boiling water		30 to 40
Celery—Put on in boiling water		30 about
Celeriac (celery-root), sliced—Put on in boiling water.		20 to 30
Lentils—Soak overnight; put on in lukewarm water...	2	30, about
Okra—Put on in boiling water		30
Onions, young—Put on in salted boiling water		40 to 60
Onions, winter—Put on in salted boiling water	2	more or less
Onions, large Spanish—Boil 1 hour; bake 1 hour	2	or more
Oyster-plant, or salsify—Put on in boiling water	1	about
Green peas, uncovered—Put on in plenty of boiling water		20 to 30
Parsnips—Soak overnight; put on in lukewarm water..	1	15, about
Squash, winter—Baked in halves	1	about
Sorrel, uncovered—Scald; boil only until wilted		10 to 15
Spinach, uncovered—Scald; boil only until wilted		10 to 15
Samp—Soak overnight; boil 5 hours; stew 1 hour	6	
Tomatoes, uncovered—Stew	3	about
Tomatoes—Baked plain	1	or more
Turnips, young or sliced—Put on in boiling water		30
Turnips, winter—Put on in boiling water	1	30, about

VEGETABLES.

GENERAL REMARKS.

As we are particularly favored in this country by the bountiful supply and variety of our vegetables, we should take very great care in their preparation in order to do them justice. Always procure the freshest that you can. If by any chance you are obliged to use those which have been in the house 24 hours, lay them in cold water to freshen and revive them before cooking. The time-table for vegetables has been most carefully prepared, and will answer most questions that are asked of it. There is to be added, however, one thing upon which too great stress cannot be laid. When the vegetable is cooked perfectly tender and ready to be removed from the fire, *drain it thoroughly*. Not only allow the water to run off, but, wherever it is possible, press the water out in the colander; or, when this is not possible, stand the colander on something over the fire, that the water may be driven off by the heat. Resort to any device that may suggest itself to you rather than allow your vegetables to remain wet and soggy. Any amount of seasoning that you may add will not give them the proper taste if the water from the boiling is allowed to remain in them.

Certain vegetables, notably string-beans, green peas, spinach, sorrel, and Brussels sprouts, should always be boiled *uncovered*, to preserve the freshness of their color. It will be found less necessary, in this case, to use soda for the same purpose, unless the water is very hard. Another important rule is to remove the vegetable from the fire and drain it the moment it is sufficiently cooked. Do not draw it aside and let it stand in the water, or it will be quite spoiled.

TO BOIL POTATOES (WINTER).

POMMES DE TERRE AU NATUREL.

Select potatoes of uniform size. It is best not to pare them beforehand, unless it to be to remove a narrow belt of skin all around the potato. However, toward the end of the winter, they require to be peeled and the blemishes removed. When this time comes, it is best to serve them prepared according to some of the various receipts for dressing potatoes.

Put the potatoes into an iron pot, with just enough well-salted cold water to cover them. Do not put the lid on the pot. Let them boil until nearly done, 25 to 30 minutes. Try them with a fork, and if almost tender all through, pour off all but about 1 gill of the water in the bottom of the pot. Return it to the fire, and put on a close cover; steam until quite done; then remove the lid, sprinkle with salt, and allow them to stand a few minutes on the fire to evaporate the water. They should be dry and flaky. If not, cover with a towel or flannel folded in 4, and let stand a few minutes longer. Dish carefully, previously peeling if necessary. It will require about 35 minutes for the entire process for potatoes of medium size.

The water in which unpeeled potatoes are boiled is said to be poisonous, and an excellent means of destroying green-fly on rose-bushes.

POTATOES TO SERVE WITH BOILED FISH.

POMMES DE TERRE AU COURT BOUILLON.

Cut the potatoes in the shape of large olives. Throw them into cold water as you trim them. If you boil the fish in Fish Stock or Court Bouillon, take some of the same and boil the potatoes in it 15 or 20 minutes, until tender. When the fish is dished, drain, salt, and dry the potatoes, and arrange them tastefully around the fish, with plenty of parsley as a garnish. Serve with Hollandaise Sauce.

TO BOIL NEW POTATOES.

These should never be peeled with a knife. Scrub and rub the skin until clean. Cover with boiling water, and boil rapidly from 15 to 20 minutes with the cover on. Drain the potatoes; sprinkle with salt, and put back on the fire, uncovered, for a few minutes to dry. Dish in a folded napkin, and serve very hot.

MASHED POTATOES.

POMMES DE TERRE EN PURÉE.

6 or seven potatoes,
1 tablespoon of butter,
1 gill of cream,
Salt and pepper.

Peel and boil as directed for Winter Potatoes. Slightly heat the cream, butter, salt, and pepper. When the potatoes are cooked, and *all* are hot, add the cream to the potatoes and mash until perfectly smooth. Be generous with good butter. Make the purée very soft, and if you want it particularly perfect, beat it hard with a fork or egg-beater a few minutes before serving. Serve very hot.

POTATO SNOW.

POMMES DE TERRE EN NEIGE.

Boil as directed with the skins on. Then peel the potatoes and set for a few minutes over the fire to dry out, having sprinkled them with salt. When quite dry, rub them through a colander. Do not disturb the snow as it drops, or it will flatten. This same preparation may be put into a bake-dish and set in the oven until slightly browned.

BAKED POTATOES.

Select for this purpose the largest and smoothest. Put them in the oven, opening the door every little while, taking each one in a coarse cloth and pressing it all over. They will require about 1 hour.

TO ROAST POTATOES WITH BEEF.

Select potatoes of uniform size. Peel; wash clean, and lay in the pan with the beef (mutton or veal) about 1 hour before the meat is to be done. Baste frequently; serve around the meat.

COLD BOILED POTATOES.

NOTE.—All potatoes, which are to be boiled first and then dressed, must be boiled *in their skins* and set away to get cold *with their skins on.* This applies especially to potatoes to be used in hashes. It makes a wonderful difference, and should be observed; the potato is much easier to cut neatly, and does not crumble to pieces in the cooking. For potato salad, the potatoes should never be cooked in any other way.

POTATOES SAUTÉ.

POMMES DE TERRE SAUTÉES.

Having boiled the potatoes and set them away with their skins on, peel them, cutting across in slices about $\frac{1}{8}$ of an inch thick. The potatoes used should be rather small. Heat a large lump of butter in a saucepan. Lay the potatoes in, cover, and *stew*, not fry, them in the butter. There must be enough butter for every slice to get its coating and absorb as much as it will. Chop a tablespoonful of chervil and one of parsley as fine as powder. Stir it carefully into the potatoes; add salt and pepper, and when they have cooked about 15 minutes, serve. They should not be allowed to crisp or brown. Shake the pan from time to time to prevent sticking or browning.

New potatoes may be sautéd as above, but whole.

LYONNAISE POTATOES.

POMMES DE TERRE À LA LYONNAISE.

Having boiled the potatoes with their skins on and left them to cool in the same way, peel, and slice about $\frac{1}{4}$ of an

inch thick. Put a large tablespoonful of butter in a saucepan. When the butter melts, throw in ¼ of an onion, chopped fine. Fry it light golden-brown; then lay in the potatoes; draw the pan to a cooler part of the range, and let the potatoes cook in the butter until it is nearly absorbed. Then let it stand on the hotter part of the fire for 2 or 3 minutes until the edges of the potatoes are very slightly browned. Add pepper, salt, and 1 tablespoonful each of parsley and chervil, chopped as fine as powder. Mix very carefully with the potatoes and serve on a hot dish. On no account allow the potatoes to fry brown or crisp. They must be sautéd, not fried. *Or*, another way is to fry half an onion in the butter; remove it; then put in the potatoes and finish as above directed. This is even more delicate. Serve with beefsteak, etc.

FRIED POTATO HASH.

Having boiled and cooled the potatoes with their skins on, peel and chop, not too fine. Melt in a frying-pan a large lump of sweet drippings or butter, or both mixed. Quite a large tablespoonful of each will be required for an ordinary dish of potatoes. When the butter is hot, lay in the potatoes. Sprinkle generously with pepper and salt. Take a long knife, and every minute or two run it under the potatoes, turning them up from the bottom. Be careful not to mash them. Fry until the edges are well browned, and serve.

POTATO PUFF.

2 cups of hot or cold mashed potatoes, 1 tablespoon of butter,
3 tablespoons of cream, 2 eggs,
Salt and pepper.

Put the potatoes into a frying-pan, adding the yolks of eggs, cream, and seasonings. Stir over the fire until well mixed and hot. Remove from the fire. Stir in carefully the whites, beaten to a stiff froth. Heap on a greased sheet of tin, or in gem-pans, and bake in a quick oven until well browned.

POTATO CROQUETTES.

CROQUETTES DE POMMES DE TERRE.

2 cups of mashed potatoes,
1 teaspoon of grated onion or juice,
1 " " powdered sweet-marjoram,
1 tablespoon of chopped parsley,
Yolks of 2 eggs,
1 teaspoon of salt,
2 tablespoons of cream,
Butter, size of a walnut,
Cayenne.

Beat the yolks to a cream; add them and all the other ingredients to the potatoes; mix. Put into a saucepan and stir over the fire until the mixture leaves the sides of the pan. When cold, form into balls or long croquettes 1 x 2½ inches. Dip first in egg, then in bread-crumbs, making them very smooth and even. Set away in the ice-box for 1 hour or more. Then fry golden-brown. The lard should be deep enough to cover them. Use a frying-basket (see General Directions for Frying). When fried light golden-brown, drain on brown paper and set in the mouth of the oven. When dry, serve as a garnish for braised meat of any kind, or as a vegetable.

NEW ORLEANS POTATOES.

POMMES DE TERRE À LA CRÉOLE.

Pare and cut raw potatoes into ¾-inch dice. Throw them into ice-water for 30 minutes to 1 hour. Drain very dry. Have ready a kettle of deep lard. When you are sure it is really boiling, drop in the potatoes and fry golden brown 4 to 5 minutes (see General Directions for Frying). Lift them out; drain; dry on brown paper in the mouth of the oven. Sprinkle with salt, and serve. A ¼ onion fried first in the lard gives a very pleasant flavor.

POTATO BALLS.

POMMES DE TERRE EN BOULETTES.

5 medium-sized potatoes,
1 tablespoon of chopped parsley,
Nutmeg, cayenne, salt,
Yolk of 1 egg.

Prepare the potatoes as directed for Mashed Potatoes. While hot, add the other ingredients. Mix well. Roll into

balls, making the surface even and very smooth. Dip in egg, then in fine bread-crumbs, and fry in deep boiling lard. Use a frying-basket (see General Directions for Frying). When fried gold-color, drain; dry on brown paper in the mouth of the oven. Dish in a pyramid on a folded napkin or cut paper, or use as a garnish for roasted or braised filet, veal, etc., etc.

POTATO SOUFFLÉ.

POMMES DE TERRE EN SOUFFLÉ.

2 cups of potatoes, mashed	2 eggs,
2 tablespoons of melted butter,	Salt,
6 " " cream.	Pepper.

Beat the the potatoes and butter until smooth and light; add the cream, yolks of eggs, and salt. Beat the whites to a stiff froth and stir them in. Heap upon a tin in a rough, uneven mound (neat, but jagged, so that the tips and edges, when browned, will look nicely), and set in the oven until well browned; or bake in a dish that can be sent to table. *Or*, use this same mixture to make an edge for fricassée or curry, using a dish which can go both in the oven and to the table. NOTE.—2 tablespoonfuls of grated cheese added to the cream is a great improvement.

POTATOES À LA BRABANÇONNE.

POMMES DE TERRE À LA BRABANÇONNE.

6 potatoes, mashed,	Pepper and salt,
2 tablespoons of chopped ham,	Bread-crumbs,
1 tablespoon of chopped parsley,	Butter,
½ onion, grated,	Cream.

Prepare the Mashed Potatoes as directed (see receipt), adding cream, butter, etc. To this add the ham, parsley, onion, pepper, and salt. Put the mixture into a fire-proof dish that can be sent to table. Cover the potatoes with fine bread-crumbs and dots of butter, and bake 20 minutes, until the top is nicely browned.

FARCIED POTATOES.

POMMES DE TERRE FARCIES.

6 smooth, medium-sized potatoes,
Salt, pepper, cayenne,
1 tablespoon of chopped parsley,
Milk or cream,
3 teaspoons of butter,
3 " " grated cheese,
3 " " cream,
1 egg.

Wash and bake the potatoes, squeezing often during the cooking. Cut an end off of each one; scoop out the soft inside with a teaspoon. Do not break the skins. Set aside the empty shells. Mash the soft potato very smooth; add the butter, cream, parsley, chopped as fine as powder; the salt, pepper, cheese, and a good dash of cayenne. The best cheese for this purpose is a mixture of equal parts of grated Parmesan and Gruyère. Put the mixture into a saucepan with enough good milk or cream to make it quite soft. Stir over the fire until scalding hot. Remove and stir in the egg, which has been slightly beaten. Fill the empty potato-shells with this. Round out the ends; cover the ends with bread-crumbs, and set in the oven until nicely browned, about 15 minutes.

STEWED POTATOES.

POMMES DE TERRE À LA POULETTE.

12 potatoes, small,
1 cup of milk,
Chopped parsley,
1 tablespoon of flour,
1 large tablespoon of butter,
1 egg,
Pepper and salt.

Having previously boiled the potatoes with their skins on and set away to cool as directed, peel and cut them into dice. Put into a saucepan with pepper, salt, and milk. Bring to a boil, then stir in the flour blended with a little cold milk. Stir carefully, and put on one side where the potatoes can stew very gently for 15 or 20 minutes, stirring to prevent scorching. It is safest to cook these over boiling water (*bain-marie*). Then add the butter and finely-chopped

parsley. Stir these in. When the butter is melted, remove from the fire and stir in the egg, which has been slightly beaten. Do not cook after the egg is added. Serve in a very hot dish for breakfast or luncheon.

POTATOES À LA DELMONICO.

POMMES DE TERRE À LA DELMONICO.

Cold boiled potatoes,
1 heaping tablespoon of flour,
Pepper and salt,
1 pint of milk,
1 tablespoon of butter,
Bread-crumbs.

Having boiled the potatoes and allowed them to cool with their skins on, slice them quite thin. Blend together over the fire the butter and flour; draw aside and stir into them the boiling milk. Boil 3 minutes. Put the potatoes into a bake-dish; pour the sauce seasoned with pepper and salt, over the potatoes. Cover with bread-crumbs and dots of butter, and bake 15 minutes, or long enough to heat through thoroughly.

PHILADELPHIA POTATOES.

Prepare according to receipt for Potatoes à la Delmonico, omitting the bread-crumbs and using instead an egg to cover the top. Bake as directed.

POTATOES À LA DIABLE.

POMMES DE TERRE À LA DIABLE.

Potatoes,
French mustard,
Lard,
Butter.

Cut the potatoes into small rounds with a cutter. Throw them into ice-cold water. Have ready some boiling lard deep enough to cover the balls. Dry the potatoes, and when the lard is boiling, fry them, shaking now and again to brown evenly. Use a frying-basket if possible. If not, wher the potatoes are done (about 5 minutes), remove them with

a skimmer and drain. Rub up some French mustard with a large lump of butter. Put it with the potatoes into a saucepan. Shake for a few moments, then turn into a deep dish with the butter, and serve.

FRICASÉED POTATOES.

POMMES DE TERRE, SAUCE BLANCHE.

Having boiled a dozen medium-sized potatoes and left them to cool with their skins on, peel and cut them in slices ¼ of an inch thick. Make a rich Cream Sauce (see receipt). Stir the potatoes carefully into this. Set over boiling water to stew for 15 or 20 minutes, stirring to prevent scorching (use a farina-kettle); then stir in 1 tablespoonful of finely-chopped parsley, the same of chives, and serve in a hot dish.

CREAM POTATO HASH.

POMMES DE TERRE À LA CRÈME.

Prepare as above, the sauce being thickened in part with some of the potato *mashed.* Use plenty of cream and butter. Omit the chives and parsley if preferred. The potatoes should be hashed, or cut in dice of about ¼ of an inch, and heated in the sauce as directed.

POTATOES À LA DUCHESSE.

POMMES DE TERRE À LA DUCHESSE.

Prepare the potatoes as directed for Potato Soufflé, adding pepper, a pinch each of salt and sugar, melted butter, yolks of eggs, and lastly the whites beaten to a stiff froth. Make the mixture into flat squares; egg the tops and bake on a tin; placing far enough apart not to touch each other. *Or,* spread the mixture in a greased baking-pan to the depth of 1 inch. Mark the top neatly with the point of the knife; egg it over and brown in the oven; when done, cut the cake into rectangular pieces of even size, and use as a garnish for roast beef, filet, or veal.

POTATOES À LA BOURGEOISE.

POMMES DE TERRE À LA BOURGEOISE.

10 potatoes, medium,
3 leeks, sliced fine,
Consommé or meat gravy,
Salt and pepper.

Peel and boil the potatoes cut in 4, until about half done, 20 minutes; drain off the water; cover with good stock or any meat-juice or gravy that may remain from stew or roast. Add the leeks, pepper, and salt. Cover and set on one side of the range where they will stew gently for 30 minutes or more, until the potatoes begin to melt away; then serve. This is an excellent dish for family luncheon. The leeks may be omitted.

POTATOES À LA HOLLANDAISE.

POMMES DE TERRE À LA HOLLANDAISE.

15 medium-sized potatoes,
3 oz. of butter.
Salt.

Peel the potatoes. Cover them with cold water; add salt, and bring to a boil. When boiled perfectly tender (about 25 minutes), drain and put into a saucepan with the melted butter. Cover and set them on the back of the range where they will not boil. Shake them from time to time, and when they have absorbed most of the butter and are almost ready to go to pieces, serve with the butter that remains in the saucepan, or with Sauce Hollandaise (see receipt).

POTATO CHIPS.

POMMES DE TERRE FRITES.

Slice 2 or 3 medium-sized potatoes just as thin as possible (there is a plane made for the purpose). As you slice, throw them into a bowl of water and ice. Let them lie in the water until freezing cold. Meanwhile have a kettle of lard, at least 3 inches deep, on the fire. Bring it gradually to a boil. Test it (see General Directions for Frying). When the lard is ready, lay the potatoes, a few at a time, in a clean

cloth; cover and pat them dry, dropping them quickly into the lard, as they must not lose their coldness in handling. Have at hand a skimmer and keep the slices apart in the lard while they are cooking. The instant they are light yellow, skim them out upon a colander set in the mouth of the oven, putting a plate under to catch any lard that may drip. Sprinkle evenly with salt. Or the potatoes, when drained, may be laid upon brown paper in the mouth of the oven. They will keep for some time in a dry place, but must always be heated in the mouth of the oven before serving. Never let them brown. If properly fried, there should not be an atom of grease upon them. This is the Saratoga way of cooking potato chips. Serve with beefsteak, etc.

JULIENNE POTATOES.

POMMES DE TERRE À LA JULIENNE.

Peel and cut raw potatoes in long, thin strips. Fry in boiling lard as directed for Potato Chips. Serve with beefsteak, etc.

POTATOES À LA PARISIENNE.

POMMES DE TERRE À LA PARISIENNE.

10 potatoes,
Salt and pepper,
4 ounces of butter,
Chopped parsley.

Peel the raw potatoes and cut them in balls with a scoop made for the purpose. Throw them into a bowl of cold water as you cut them. Then drain them and put into salted boiling water for 5 minutes. Drain them dry and put into a frying-pan with the hot butter. Toss them until each has its share of butter. Set the pan in the oven for a few minutes until the potatoes are brown; then sprinkle them with salt and chopped parsley and serve.

Or, having cut them in balls, scalded and well dried as above, throw them into boiling lard 2 inches deep, and cook until of an even golden brown; drain on brown paper; sprinkle with salt and serve.

POTATOES À LA FRANÇAISE.

POMMES DE TERRE À LA FRANÇAISE.

Peel; cut raw in length, in sections like an orange and throw in very cold water; dry in a towel and fry in boiling lard until gold color. Drain on brown paper; sprinkle with salt, and serve with beefsteak, etc.

BAKED SWEET POTATOES.

PATATES DOUCES.

Wash the potatoes, and put them in the oven. From time to time open the door, and with a cloth, squeeze them until tender. The time varies with the size, but is about 1 hour.

FRIED SWEET POTATOES.

PATATES DOUCES SAUTÉES AU BEURRE.

Cut cold boiled potatoes lengthwise in slices. Fry in very hot butter till brown. Be careful not to burn. Or, sauté them, as directed for white potatoes.

CARAMEL SWEET POTATOES.

PATATES DOUCES AU CARAMEL.

Fry as above directed; while frying, sprinkle with sugar. This serves for a simple dessert.

SWEET POTATO PURÉE WITH TOMATO SAUCE.

PURÉE DE PATATES DOUCES, SAUCE TOMATE.

Boil the potatoes, peeled, until tender, about 1 hour; or, still better, bake them. Either way will do, but baking increases their sweetness. When soft, remove the skin and mash them as directed for Sweet Potato Purée. Add a large

lump of butter, and enough milk to make the purée just soft enough to hold in shape when heaped in a mound. Season with pepper and salt. Use this to fill the centre of a dish of veal cutlets, sauté or fried, small filets, chops, etc., etc. Serve in a sauce-boat, at the same time, a rich Tomato Sauce (see receipt). This is an excellent combination. Sweet potatoes prepared in this way make a very good substitute for Purée of Chestnuts.

SWEET POTATOES ROASTED WITH MEAT.

Peel and wash the potatoes. One hour before the joint is to be served, lay the potatoes in the pan, and baste from time to time with the gravy. Dish around the meat, and serve.

SWEET POTATO PURÉE BAKED.

Sweet potatoes, **1 egg,**
Milk, **Butter,**
Salt.

Put 4 to 8 sweet potatoes, according to size, into the oven to bake, squeezing them with a cloth from time to time until perfectly soft, about 1 hour. When done, peel; mash through a colander. Add a large tablespoonful of butter, the larger the better; milk enough to make the purée of the consistency of soft dough. Add a pinch of salt. Butter a tin pie-plate, or sheet of tin. Arrange the purée in a neat mound. Beat an egg slightly, and with it brush over the purée. Set in the oven for 20 to 30 minutes, or until a good brown crust is formed over the top. The above may also be made with boiled sweet potatoes, but baking makes them sweeter. Do not spare the butter.

BOILED SWEET POTATOES.

Wash and put them down in boiling water, boiling about 1 hour or more, according to size. This vegetable varies so in size as to make it impossible to fix the time exactly.

FRIED TOMATOES WITH CREAM.

TOMATES FRITES À LA CRÈME.

Cut 6 large tomatoes in half, without peeling. Lay them, skin-side downward, in a pan, in which you have melted a large tablespoonful of butter and sweet drippings mixed. Fry slowly until tender. Three tablespoonfuls of boiling water may be added to the pan at first, as it will steam off and make the tomatoes more tender, without blackening them, as if cooked with butter alone. When tender, remove the tomatoes to a hot dish; let the butter brown a little, with a tablespoonful of flour stirred into it. When brown, draw aside and stir into it ½ pint of boiling milk, stirring and blending until smooth. Stir and boil 3 minutes, then pour this over the tomatoes, adding salt and cayenne to taste. This is not a pretty dish, but is excellent. If the top of the range is occupied, the pan of tomatoes may be set in the oven, with equally good results.

BAKED TOMATOES.

TOMATES FARCIES.

Select medium-sized smooth tomatoes for this purpose. Cut a slice from the stem end. With a spoon scoop out all the seeds and centre, taking care not to break the outer walls. Drain off the water from the inside that has been removed. Take sufficient bread-crumbs to fill the cavities thus made. Chop about 1 tablespoonful of parsley very fine; mix it with the crumbs, adding plenty of salt and pepper. Melt a large tablespoonful of butter in the frying-pan; stir in the bread-crumbs and the solid part of the tomato centres. Stir them until well mixed, 5 minutes; then fill the tomatoes, heaping a little above the edge; sprinkle with bread-crumbs; put a small lump of butter on each; set in a baking-pan, with a small lump of butter, and bake in a moderate oven 1 hour to 1 hour and 15 minutes.

STUFFED TOMATOES À LA REINE.

TOMATES FARCIES À LA REINE.

¼ pound of white meat, chicken, veal, or lamb,
Bulk of meat in bread-crumbs,
1 heaping tablespoon of chopped parsley,
1 heaping tablespoon of chopped ham,
1 tablespoon of vinegar,
1 egg,
1 saltspoon of salt,
Pinch of sugar,
Cayenne to taste,
1 onion, grated,
12 medium-sized tomatoes.

Chop the meat very fine; add stale bread-crumbs; then all the other seasonings, reserving the egg. Cut the stem end from the tomatoes; scoop out all the soft part with a small spoon, being careful not to break the outer walls. Drain the fruity part of the tomato and mix it with the stuffing. Chop all together very fine. Have the empty tomatoes in a tin pan with a small lump of butter. Put a lump of butter into the frying-pan, and, when hot, put in the dressing and stir it over a sharp fire, taking care not to burn. Remove from the fire. If not as soft as a very thick custard, add a little broth. When slightly cool, beat in the egg and fill the tomatoes with the mixture. Cover the tops with bread-crumbs and dots of butter; bake about 30 minutes. Serve as a separate entrée, or with chicken or veal.

STUFFED TOMATOES WITH TOMATO SAUCE.

TOMATES FARCIES À L'ÉCARLATE.

Having prepared the tomatoes as directed for Stuffed Tomatoes à la Reine, make a rich Tomato Sauce (see receipt), to which add about 1 gill of sherry. Serve the tomatoes neatly dished and garnished, with the sauce in a sauce-boat, as an entrée.

TOMATOES ROASTED WITH BEEF OR VEAL.

Select tomatoes of uniform size. Wash; cut out the stem end; sprinkle with pepper and salt and place in the pan with

roasting beef or veal 1 hour before the meat is to be done. If very small, allow a little less time. Baste frequently, and dish around the meat.

STEWED TOMATOES.

Wash the tomatoes, then throw boiling water over them; let stand for 5 minutes, and the skins will slip off easily. Cut off the stem end; divide in 2 or 4, and throw into a china-lined kettle. Set on the fire *uncovered.* In about an hour, ladle out all the juice and set it aside to serve for soup (see Tomato Soup or Okra Gumbo). Add to this 1 onion cut in 4. Simmer for about 1 or 2 hours longer. They must cook very slowly. Now drain off all superfluous juice; add a lump of butter, pepper, salt, and, if the tomatoes are very acid, a pinch of sugar; serve. This is certainly the best way to stew tomatoes, but is rather extravagant, unless at the height of the season, as it takes about a peck of tomatoes to make a good dishful stewed. After cooking 2 hours, be careful not to let them cook rapidly or scorch, or they will acquire a bitterish taste from the seeds. A good way also is, after scalding and peeling as above, to put them in a china-lined kettle, uncovered, draining off after the first hour; add a good handful of stale bread-crumbs, ¼ of a chopped onion, pepper and salt. The bread-crumbs being cooked for quite an hour longer with the tomatoes absorb a great deal of the superfluous juice, and become more like the fruit itself than any other thickening. The bread-crumbs must be very stale and dry. The usual system of using flour or corn-starch is not recommended. When ready to serve, add a lump of butter, pepper, and salt.

TOMATOES SCALLOPED.

Scald and skin enough tomatoes to fill a quart baking-dish. Lay a layer of these tomatoes in the bottom of the dish. Cover with a thick layer of bread-crumbs, dots of butter, pepper, and salt. Another layer of tomatoes; then finish

the top with a second layer of bread-crumbs closely packed, dotted over with butter, sprinkled with pepper and salt. Set in a slow oven for 1 hour to 1 hour and 15 minutes, until browned and baked down. As tomatoes are about 90 per cent. water, they must always be steamed off in cooking or have the liquid absorbed in some way. Canned tomatoes may be cooked according to the above receipt, using only the solid fruit, and cooking about 45 minutes, perhaps less, in a quicker oven than the above.

TOMATOES STUFFED WITH MUSHROOMS.

TOMATES FARCIES AUX CHAMPIGNONS.

See receipt for Braised Filet of Beef with Farcied Tomatoes.

TOMATO SOUFFLÉ.

TOMATES EN SOUFFLÉ.

Stew down the tomatoes as directed, draining off the liquid; press the fruit through a coarse sieve. To about 2 gills of this pulp allow 3 eggs. Beat the yolks and whites apart; mix the yolks with the pulp; season with pepper and salt; then, at the last moment, add the whites beaten to a stiff froth. Fill buttered china soufflé-cases with the mixture not more than ¾ full, and bake in a quick oven for 6 to 10 minutes. Or heat a bake-dish large enough to hold all the soufflé, and bake it in a very quick oven for about 10 to 15 minutes. Watch carefully and serve immediately. For detailed directions for baking, see Omelette Soufflé.

TOMATO-RICE.

RIZ AUX TOMATES.

Stew the tomatoes as directed; press through a coarse sieve. To about 2 gills of this sauce allow 1 gill of rice; wash and boil 20 minutes. Drain the rice thoroughly and

mix with the sauce, adding salt, pepper, and a pinch of sugar, if the tomatoes are acid. Set the saucepan on one side where it can stew gently, uncovered, for 15 or 20 minutes. Take care that it does not scorch. Add a small lump of butter, and when it is melted, serve. Do not stir the rice around; lift it from the bottom with a fork to mix it. If the pulp of the fruit is used in the preparation of this dish, it will be found to be much richer than the common fashion of using the juice of the tomato alone for the purpose.

TOMATOES WITH MACARONI.

MACARONI AUX TOMATES.

Prepare according to the receipt for Macaroni à la Milanaise, omitting the ham and cheese.

MUSHROOMS.

GENERAL REMARKS.

It is of primary importance in the choice of mushrooms to beware of the false ones, as they very closely resemble the edible ones. Never eat those that grow in shady, woody spots; but give preference, on the contrary, to those that grow in the broad field and open sunshine. Gather them as soon after sunrise as possible. They should be snowy-white on top, and pale-pink in the gills underneath, if very young, but becoming from brown to black in the gills as the day advances and they grow older. It is no detriment to them to have spread open; these are best for broiling, while the "button mushrooms" serve for other ways of cooking. The safest mushrooms are those that are raised in mushroom-houses. Those in the field should only be culled by persons who know and understand them. The skin of a good mushroom should peel off easily; yet all mushrooms that do peel easily are not necessarily good; on the other hand, there are some very terrible-looking ones, which are in reality perfectly

innocuous, such as the *morille*, which is much used in France, and often dried. There are also "puff balls," which, though very alarming in appearance, make perfectly good and safe eating. But the point of the whole thing is this: do not trust your own judgment about them unless you have had experience. The only test that appears to exist is the old-fashioned one of the silver spoon, which, it is said, will discolor in cooking if the mushrooms are poisonous.

BROILED MUSHROOMS.

CHAMPIGNONS GRILLÉS.

Select the largest mushrooms that are to be had. Peel. Cut the stalks ½ an inch from the tops. Baste well with melted butter, sprinkle lightly with pepper and salt. Heat the broiler very hot; lay the mushrooms upon it with the upper side down; close it carefully, that the mushrooms may not be broken, and broil them over a clear fire, turning the broiler first on one side, then on the other. As soon as tender, which will be in about 5 minutes, open the broiler, remove the mushrooms carefully to trimmed and well-buttered slices of toast, or thin bread fried in butter. Moisten with melted butter, and serve.

FRIED MUSHROOMS.

CHAMPIGNONS SAUTÉS À L'HUILE.

Peel large, hot-house mushrooms, measuring 4 to 6 inches across, and cut the stalks close. Have ready in a frying-pan some sweet oil, pepper, and salt. When hot, put in the mushrooms and fry until thoroughly heated, about 5 minutes, perhaps less. Too much cooking will toughen them. Serve on neatly-trimmed and buttered slices of thin toast, putting 1 teaspoonful of wine, white or sherry, on each mushroom.

MUSHROOMS STEWED WITH CREAM.

CHAMPIGNONS SAUTÉS À LA CRÈME.

1 pint of fresh mushrooms,	1 tablespoon of butter,
Flour,	2 tablespoons of thick cream,
1 egg-yolk,	1 tablespoon of sherry,
Salt,	Pepper.

Peel the mushrooms and scrape the stems. Cut off the earthy ends of the stalks. Wash in cold water. Put into a china-lined saucepan. Cut the butter into 4 parts; roll each in flour, and put into the saucepan. Simmer for 15 minutes, stirring occasionally; then add the cream, salt, and pepper. Bring to a boil. Remove from the fire and stir in the yolk of egg beaten with the sherry. Serve immediately in a deep, hot dish.

TO STEW CANNED MUSHROOMS.

1 can of mushrooms,	1 tablespoon of butter,
Yolk of 1 egg,	1 " " sherry,
2 gills of milk, or cream,	1 " " flour,
Salt,	Pepper.

Drain the mushrooms. Put the butter into a china-lined saucepan; when melted, stir in the flour; rub smooth; add the boiling milk and stir until it boils 2 minutes. Add the mushrooms, salt, and pepper, and stir only until thoroughly heated. Remove from the fire; stir in the egg beaten with the wine; then serve on neatly trimmed and buttered slices of toast, or on thin slices of bread fried in butter. In cooking canned mushrooms, do not boil them, as they are already cooked, and only require to be heated.

PLAIN STEWED MUSHROOMS.

CHAMPIGNONS SAUTÉS, NATURE.

1 pint of fresh mushrooms,	1 tablespoon of butter,
Salt and pepper,	Flour or corn-starch.

Peel the tops of the mushrooms; scrape the stalks, cutting off the earthy ends. Throw them in cold water as you peel

them. Take them out of the water with your hands, letting all the water drip from them, but do not dry them. Put them in a china-lined saucepan on the fire. Rub the butter up with about a teaspoonful of flour, or a little less corn-starch; when the mushrooms begin to stew, stir in the butter; stew gently for about 15 minutes, if you have used flour; if you use corn-starch, add it 3 minutes before the mushrooms are to be served. Add salt and pepper, and serve.

BAKED MUSHROOMS.

Select large mushrooms. Peel. Cut off the stalks half an inch from the top. Place them with the upper side down in a pie-dish; sprinkle with salt and pepper; put a small piece of butter on each. Bake in a quick oven 10 to 15 minutes, until tender, basting frequently with melted butter. Add a few drops of lemon-juice. Serve hot on the same dish.

MUSHROOMS À LA BORDELAISE.

CHAMPIGNONS À LA BORDELAISE.

1 pound of best mushrooms,
12 whole pepper-corns,
1 tablespoon of oil,
Pinch of salt.

Peel the mushrooms; scrape the stalks; wash; remove the earthy ends; drain and cut in even pieces. Put them into a bowl with the oil, salt, and black pepper-corns. Let them stand 2 hours. Melt a piece of butter the size of a hickory-nut in a saucepan. Now drain out the mushrooms; put them into the saucepan with the butter and stew for 6 minutes. Meanwhile, prepare the sauce as follows:

3 tablespoons of oil,
1 clove of garlic, crushed and chopped,
1 teaspoon of chopped parsley,
1 " chopped chives.

Put these ingredients into a saucepan; stir over the fire for five minutes; then pour the sauce over the mushrooms, and serve on large Croûtons fried in butter (see receipt).

SCALLOPED MUSHROOMS.

COQUILLES DE CHAMPIGNONS.

Cut the mushrooms if too large, after peeling them and trimming the stalks. Throw them for a few minutes into boiling water, then drain and throw into cold water to whiten them. Dry well and sauté in hot butter for 3 minutes. Then add, when almost done, a teaspoon of flour and some chopped parsley. Stir, and in 3 minutes add a cupful of boiling broth. Let it simmer very gently for about 10 minutes. Add lemon-juice, salt, and pepper. Remove from the fire and stir in the yolk of an egg beaten up with a few drops of cold water or 2 teaspoonfuls of sherry. Fill shells with this mixture; cover the top with bread-crumbs; dot with butter; set in the oven until thoroughly hot, and serve.

TO BOIL ASPARAGUS.

ASPERGES EN BRANCHES.

Scrape the coarse skin from each blade, throwing it into cold water as it is done. Then tie securely in a bunch with tapes or strips of muslin. Make the tips even, and cut the lower ends all of one length. Have ready an asparagus-boiler with boiling water and about ½ a teaspoonful of salt. Lay the asparagus on the drainer, and set it in the boiler. In 18 or 20 minutes after it comes again to a boil, the asparagus should be tender. Be careful that it does not boil too soft. Remove the drainer, and not only drain the asparagus very thoroughly, but steam off all the moisture as well as you can. Have ready some thin slices of toast, buttered and trimmed. Lay the bunch of asparagus on these; then remove the strings. Serve in a sauce-boat apart, a Cream Sauce, or a White Sauce (see receipts), adding a few drops of lemon-juice or vinegar to the latter. A delicious sauce for asparagus is made thus: Take 1 yolk of hard-boiled egg for each person. Mash it to a powder; add a little salt and pepper, and rub into it enough melted butter

to make it as thick as mayonnaise. Or, again, you may serve plain melted butter in a sauce-boat; but avoid if possible the prevailing fashion of serving asparagus looking like modified milk-toast, with drawn butter poured over it.

N. B.—Take note that the asparagus (as indeed all boiled vegetables) should be drained *dry*.

SPRUE AND EGGS (ENGLISH RECEIPT).

Having cut 2 bunches of asparagus in 1-inch pieces, using the tender parts only, boil it in 2 quarts of boiling water with ½ an ounce of salt for about 10 minutes, until tender. Drain thoroughly. Take 3 eggs; beat yolks and whites apart; add to the yolks 1 tablespoonful of milk or cream, 1 teaspoonful of butter, salt, and pepper; mix these with the asparagus. Stir in the whites; put into a saucepan, and cook just long enough to heat them through; then serve in a deep dish with a border of large Croûtons (see receipt).

STEWED ASPARAGUS TIPS.

ASPERGES EN PETITS-POIS.

4 bunches of green asparagus,
½ ounce of salt,
6 tablespoons of Cream Sauce,
1 level saltspoon of sugar,
2 quarts of boiling water,
2 ounces of butter,
Pinch of grated nutmeg,
Salt and pepper.

Cut the tender parts of the asparagus into pieces about 1 inch long, and throw them into cold water. Have ready a saucepan with 2 quarts of boiling water and ½ an ounce of salt. Drain the asparagus and throw it into the boiling water. Boil rapidly until tender, about 10 minutes. Drain very thoroughly, and return to the fire with the butter, salt, pepper, nutmeg, sugar, and Cream Sauce (see receipt). Stir carefully, that you may not break the asparagus; when scalding hot, serve on neatly trimmed rounds of thin, buttered toast.

N. B.—Use the coarse ends of the asparagus for Asparagus Soup (see receipt).

TO BOIL GREEN PEAS.

PETITS-POIS.

Shell young peas into a bowl of cold water. When ready to cook them, have a large kettle of boiling water on the fire. Drain the peas and put them into the kettle. *Do not put on the lid.* Let them cook rapidly for about 20 minutes. Try 1 or 2; if not tender then, let them boil a little longer. The moment they are tender, remove them from the fire. Drain off the water; add a very large lump of sweet, fresh butter, a dash of pepper, salt, and (if the peas are not of the sweetest) a pinch of sugar. Set them in a warm place until the butter melts, and serve very hot.

N. B.—Boiling *uncovered* preserves the color.

If the peas are fresh and good, they will require no more dressing than the above. When they begin to be older and less sweet, prepare them according to the following receipts. A head of lettuce may be added to the above if liked.

STEWED PEAS.

PETITS-POIS SAUTÉS.

1 quart of peas,
1 ounce of chopped onion,
Salt,
3 ounces of butter,
½ ounce of sugar,
1 gill of water, boiling.

Cover closely, and stew very gently for 35 minutes. When tender, add the butter; toss it well with the peas and serve as soon as it melts.

N. B.—In this case the color must be sacrificed (by covering), as older peas are used and they must be cooked in such a way as to make them tender.

GREEN PEAS.

PETITS-POIS.

Shell the peas. Select the youngest. Throw them into cold water. Put the pods in a kettle with boiling water,

and boil 30 minutes. Strain the water off and return it to the fire in the kettle. Bring to a boil. Drain out the peas (they should be of uniform size) and throw them into the boiling liquid. *Do not put on the lid.* Boil for 20 to 30 minutes, until the peas are tender. Remove them from the fire the very moment they are tender enough. Drain off all but 1 gill of the liquid; add a large lump of butter, pepper, salt, a pinch of sugar, and 2 tablespoonfuls of cream. If liked, a pinch of flour may be also added, stirred, and boiled 3 minutes. Pour over the peas and serve. A head of lettuce may be added to the above.

PURÉE OF PEAS.

PURÉE DE POIS.

1 pint of dried peas or 2 pint cans,
1 tablespoon of butter,
1 " " flour,
1 pint of milk,
1 " " water,
Salt,
1 bay-leaf,
2 cloves,
1 onion,
1 sprig of parsley,
¼ pound of ham,
Pepper.

Wash the peas in cold water; put them in a saucepan with cold water. Bring it to a boil. If canned, boil 20 minutes; if dried, 2 hours or more, until tender. When done, the water should be almost absorbed. When tender, press through a colander. Meanwhile put the milk on to boil in a farina-kettle with the bay-leaf, chopped onion, cloves, parsley, and ham. Rub the butter and flour together until smooth. When the milk has boiled 20 minutes, strain it into the peas; then put the whole back into the farina-kettle; stir in the flour and butter and continue to stir until it thickens and boils 3 minutes. Add salt and pepper and serve with veal cutlets or small filets, mutton chops, etc., etc. Purée of limas or other fresh beans may be made in the same way.

N. B.—If dried peas are used, soak overnight; if the water boils off too much before they are tender, add more, very little at a time.

TO BOIL CAULIFLOWER.

CHOU-FLEUR.

Trim off the outside leaves, leaving 1 row around the flower. Cut an X in the stalk. Have a large pot of boiling water on the fire. Add enough milk to whiten the water; also one level teaspoonful of salt. The cauliflower should be left in vinegar and water for 20 to 30 minutes before boiling: this system is supposed to draw out any insects that may lurk within. Drain it thoroughly; tie it loosely in a piece of cheese-cloth large enough to cover it entirely. Put it into the boiling water, which must cover it well. Let it boil until quite tender, but be careful that it does not go to pieces. As cauliflowers vary very much in size, only a general idea of the time required can be given. One of ordinary size will take about 40 minutes, perhaps more. When cooked, lift it out by the cheese-cloth, drain *very* thoroughly, and set in a round dish. Make a Cream Sauce (see receipt); pour it over the cauliflower; cover, and let it stand for a few minutes for the sauce to penetrate. Then serve. *Or*, if a handsome specimen, successfully boiled, serve it in a round dish with a White Sauce served separately in a sauce-boat. Add a squeeze of lemon-juice to the sauce before serving. Small cauliflowers will not require more than 30 minutes to boil.

CAULIFLOWER AU GRATIN.

CHOU-FLEUR AU GRATIN.

Boil the cauliflower as directed. Set it in a round baking-dish which can be sent to table. For a moderate-sized cauliflower make 1 pint of Cream Sauce (see receipt). Add to the sauce 2 heaping tablespoons each of grated Parmesan and Gruyère cheese, and a dash of cayenne.. Mix the sauce and pour it over the cauliflower, letting it penetrate all the crevices. Cover the top with fine, grated bread-crumbs, dot with butter, and bake 20 minutes. Serve in the same dish.

BOILED CAULIFLOWER TOMATO SAUCE.

CHOU-FLEUR, SAUCE TOMATE.

Having boiled a medium-sized cauliflower very carefully as directed, place it on a round dish, after having thoroughly drained it. Have ready a rich Tomato Sauce (see receipt); pour it around, not over, the cauliflower, and serve as a separate course. This is a very pretty dish. Recommended.

BROCCOLI.

Prepare according to the receipts given for cauliflower.

WINTER CABBAGE.

CHOU.

Cut in 4; lay in salted cold water for a little while, trimming off the outer leaves and stalk. Drain well, and put into a large pot of boiling water, allowing ½ an ounce of salt to the gallon. Boil very gently, covered, for 10 minutes, then remove from the fire; drain off the water; re-cover with salted boiling water as before, and boil for 1 hour or more until tender. Do not cover the pot after the first 10 minutes. Drain very dry; dress with melted butter, pepper, and salt; or chop it coarsely and cover with a rich Cream Sauce (see receipt). If boiled when cut like cold-slaw, it will only require about 30 minutes. Drain and dress as above.

SUMMER CABBAGE.

CHOU.

Cut in 2 or 4. Lay in salted cold water to draw out any insects that may lurk inside. Drain thoroughly and put into a pot of salted boiling water. *Do not cover.* Boil 30 to 40 minutes, until tender. Drain very dry in a colander, pressing the water out with a plate. Dress with melted butter, pepper, and salt, or with Cream Sauce (see receipt).

N. B.—To avoid the unpleasant odor caused by cooking cabbage, use a very large pot and do not fill it too near the

brim with the water, as it is the boiling over which causes the disagreeable odor. Another way of overcoming this trouble is also suggested, which is to put into the water a piece of bread tied in a fine white rag. After it has been 15 minutes in the pot, remove it and throw it immediately into the fire to burn, as, in its turn, it becomes very unpleasant.

STEWED CABBAGE AND CELERY.

Cut into shreds equal quantities of cabbage and celery. Lay for a few minutes in cold water, then drain and put into salted boiling water. Boil gently for 20 or 30 minutes, according to the season. Meanwhile prepare a rich Cream Sauce (see receipt). Drain the cabbage and celery as dry as possible, and stir into the cream sauce. Let it stew very gently for 10 minutes, and serve. Recommended.

STEWED CABBAGE.

Cut the cabbage like coarse cold-slaw. Add a small piece of red pepper (without seeds) and parboil it 10 minutes in salted boiling water. Drain dry. Add 3 or 4 tablespoonfuls of vinegar, a lump of butter, and 2 large tablespoonfuls of stock. Cover closely and simmer gently for about 30 minutes, until perfectly tender. Add salt and pepper, and serve.

BRUSSELS SPROUTS.

CHOUX DE BRUXELLES.

Pick these over carefully, rejecting all the loose, hanging leaves. Throw them into cold salted water for at least 15 minutes to draw out any lurking insects. Have ready on the fire a large pot of boiling water with a little salt in it. Having drained the sprouts, put them into the boiling water. *Do not put on the lid.* Boil 12 to 15 or even 20 minutes, just long enough for the sprouts to be tender all

through, but by no means soft enough to go to pieces. Drain them. Now hold them in the colander under the cold-water faucet, and let the cold water dash over them, then drain very thoroughly, and return to a china-lined saucepan with a large lump of butter, pepper, and salt. Set on one side of the range where it will warm very gently without danger of burning. When well heated, serve in a hot dish.

The above mode of treatment is supposed to preserve the color of the sprouts without using any chemicals; its recommendation is that the idea comes from the native land of Brussels sprouts.

CANNED VEGETABLES.

When possible, these should always be rinsed in cold water, allowing the stream of water to dash over and through them. Then drain and dress to taste. This removes the taste of the tin can and freshens the vegetables.

SUMMER SQUASH.

It is recommended, instead of peeling and boiling white squash, to cut it in sections, removing the seeds and leaving the peel on, and bake it in the oven. Baste with butter or sweet drippings, and sprinkle with pepper, salt and chopped parsley before serving. *To boil it*, peel, remove the seeds, cut in medium-sized pieces, barely cover it with boiling water, and boil until tender. Dry it *very* thoroughly. Mash it through a colander; add a large lump of butter, pepper, and salt, and serve. If will require about 20 minutes to boil.

The long-necked, white, summer squash is delicious if cut and fried exactly like egg-plant or cucumbers. The narrow end is best done in this way.

TURK'S HEAD SQUASH AU GRATIN.

Bake this as directed above; rub the soft part through the colander; mix with it a little cream, pepper, and salt. Put

it into a deep dish ; cover the top with grated Parmesan and bread-crumbs and bake in the oven for about 10 minutes until nicely browned. Serve in the same dish.

STUFFED PEPPERS.

PIMENTS FARCIS.

6 green *sweet* peppers,	Bunch of parsley,
Stale bread-crumbs,	Ham,
1 cup of stewed tomatoes,	Salt,
1 grated onion,	Broth.

Cut the stems out very neatly to make the tops. Empty the insides of the peppers, being careful to get rid of every seed. Be certain the peppers are not of the hot kind, which are frequently sold by mistake for the sweet. (If they are hot, they must be laid in strong salt and water for 24 hours before using. This will take out some of the strong taste.) Make a dressing of equal bulks of ham and stale bread-crumbs, to which add the parsley, onion, and tomatoes. Chop all very fine. In seasoning, only add pepper if required. Fill the peppers with the dressing. Cover them with the stems, from which you have carefully removed all the white part. Place them in a saucepan just large enough to hold them closely packed, stem end uppermost. Pour over broth enough to cover them a little more than ½, and simmer very gently for 1½ hours. Remove them carefully to a hot dish. Boil down the gravy briskly for a few minutes, thickening it slightly with a pinch of corn-starch blended with cold water. Stir; boil 3 minutes; pour over the peppers; serve.

CORN PUDDING AS A VEGETABLE.

1 dozen grated ears of corn,	1 cup of milk or cream,
1 tablespoon of brown sugar,	Salt to taste.

Mix. Bake 1 hour.

This is a Southern receipt and very good.

BAKED GREEN-CORN PUDDING.

12 ears of corn scored and scraped,
1 pint of new milk,
2 ounces of butter,
2 eggs,
Salt and pepper.

Mix and bake 45 minutes. Use less milk if the corn yields a great deal.

TO BOIL CORN.

Strip off the husk and silk entirely; or, strip off all the husk except 1 inner row of leaves, removing every thread of the silk. Either way is good. Have ready a large pot of boiling water. Never put salt into the water for boiling corn; it hardens the outer coating of the grains, making them often shrivelled and yellow, besides being much more indigestible. Put the corn in the pot; cover and boil rapidly for about 20 minutes (for large-sized ears); then set the pot, with the corn in it, upon the hearth and let it stand for 10 or 15 minutes. Then drain; strip off the leaves, and serve in a napkin folded to cover them. There are made, at present, extremely dainty, embroidered corn-cloths for this purpose, the shape being well designed for covering the corn and keeping it hot.

CORN OYSTERS.

2 heaping tablespoons of flour,
½ teaspoon of salt,
Cayenne,
12 ears of corn,
2 eggs,
Butter and lard for frying.

Score the corn and press out all the grains with the back of a knife; this is much better than grating. Beat the eggs, whites and yolks apart, until very light. Add first the yolks to the corn, then the whites, salt, cayenne, and flour; mix lightly and thoroughly. Have 2 tablespoonfuls of mixed lard and butter in the frying-pan. When very hot, drop the mixture into the pan by small spoonfuls. Brown 1 side, then turn with a cake-turner, and brown the other. Be sure

the lard is very hot before you put in the batter, or the oysters will be greasy. Drain on brown paper in the mouth of the oven, and serve on a cut paper or folded napkin.

CORN FRITTERS.

Corn cut from 7 ears,	1 pint of milk,
1 egg beaten together,	Salt and pepper,
Flour,	Lard for frying,

1 teaspoon of baking-powder to each cup of flour.

Scrape the corn as described above. Mix all together, adding enough flour to make a rather stiff batter. Drop by the teaspoonful into deep boiling lard (see General Directions for Frying). The lard should be deep enough to float the fritters. If they spread too much, after testing 1 or 2, add a little more flour. They should puff like doughnuts. Drain dry; serve on a cut paper or folded napkin.

N. B.—If the corn yields much milk in scraping, add less than designated in the receipt.

EGG-PLANT BAKED WITH BREAD-CRUMBS.

AUBERGINE À LA CRÉOLE.

1 young and tender egg-plant,	2 onions, grated,
1 tablespoon of chopped parsley,	Butter,
1 " " vinegar,	Bread-crumbs,
Pepper,	Salt.

Peel the egg-plant and cut it into inch dice. Put it into a saucepan with about 1 gill of boiling water. Simmer very gently until tender, but not entirely done, 10 to 15 minutes. Then throw it into a colander and drain as dry as possible, squeezing out the water with a saucer. Meanwhile, fry the onions in butter; when the egg-plant is thoroughly drained, remove the saucepan and onions from the fire, and stir in the egg-plant, parsley, pepper, salt, and vinegar, and as much butter as you can spare, about 2 heaping tablespoonfuls. If the egg-plant has been properly dried, it will absorb the but-

ter entirely. Put into a baking-dish; cover the top with browned bread-crumbs and dots of butter, and bake 20 to 25 minutes in a good oven. There should be nearly 1 quart of the stewed egg-plant for the above proportions; therefore, if you have not 1 large egg-plant, use 2 or more smaller ones. Delicious.

STUFFED EGG-PLANT.

AUBERGINE FARCIE.

Prepare exactly as Stuffed Cucumbers (see receipt), only do not put the sides together, but round them up with the stuffing. Cover the tops with bread-crumbs; set them in a bake-pan, with a lump of butter and 4 tablespoonfuls of boiling water. Bake for about 1 hour, or perhaps a little less, until the egg-plant is tender, which fact you can ascertain by slipping a narrow knife into the inner edge of the egg-plant. If the oven is too quick, cover the egg-plant with a piece of thick paper or with a tin pie-plate until a few minutes before it is done. Remove the egg-plant to a dish and set in warm place. Put the pan on the top of the range; add about 2 gills of broth; stir, and when boiling, add a pinch of corn-starch blended with a little cold water. Stir and boil for 3 minutes, and serve in a sauce-boat with the egg-plant. *Or*, prepare the inside of the egg-plant according to the receipt for Baked Egg-plant; fill the shells with this mixture; cover with bread-crumbs; dot with butter, and bake from 30 to 45 minutes, until the egg-plant is tender. Serve as an entrée.

FRIED EGG-PLANT.

AUBERGINE FRITE.

1 young egg-plant, 1 egg,
Flour, Lard.

Under this head, it is well to make an effort to dispel an old-fashioned idea which seems to have taken possession of the general mind on the subject of this vegetable. Every one, with scarcely an exception, will prepare an egg-plant

for frying by carefully cutting it into slices, and piling these, with salt between the layers, putting a plate and heavy weight on the top. It has been satisfactorily proved by experience that this elaborate operation is perfectly unnecessary. If the egg-plant is not too ripe, or not touched by the frost, it will never be bitter; if, on the other hand, it is bitter, all the salting and all the pressing you can give it will not remove the bitterness. Therefore, spare yourself the trouble of the above-described process until you have proved by a counter-experience that it is indispensable. I have brought in an egg-plant with only time to cook it for the dinner, and it has been sweeter than others which have been under treatment for hours. The bitterness comes entirely from the vegetable being over-ripe or frosted.

Pick out a young egg-plant. Do not be tempted by the size of the extra-large, handsome ones. They are very often bitter. The egg-plant should be firm and glossy purple. Peel it, if you like. If it is very tender, it is best to leave the peel on, as this helps to keep the slices from breaking. Cut it in slices about $\frac{1}{3}$ of an inch thick. Dip these first in beaten egg and then in flour. Have ready in the pan a little boiling lard. When you are certain that it is boiling, lay in the slices of egg-plant. Do not cook too quickly. In 2 or 3 minutes turn the slices with a cake-turner and brown on the second side. Watch it carefully, as it scorches very easily. Do not use butter for the frying, as it blackens before the egg-plant is cooked. When the egg-plant is tender, remove the slices with the cake-turner; lay them on paper in the mouth of the oven. When dry, serve on an open platter. If covered, it will lose all its crispness and become limp. Sprinkle with salt and pepper and serve.

STEWED CUCUMBERS.

CONCOMBRES À LA CRÈME.

For this mode of cooking, riper cucumbers may be used than for eating raw, for the coarse, hard seeds may be re-

moved. Peel the cucumbers; cut them in quarters. If old, remove the seeds. Lay the cucumbers in boiling water until transparent. Make a rich Cream Sauce (see receipt), to which add about ½ a grated onion. When ready, drain the cucumbers dry and lay them in the sauce. Stew gently over boiling water for about 15 minutes; then dish; sprinkle chopped parsley over the top and serve. A teaspoonful of chopped chives added with the parsley may take the place of the grated onion.

FRIED CUCUMBERS.

CONCOMBRES FRITS.

Cucumbers,	Fine dry bread-crumbs,
1 egg,	Lard.

The cucumbers for this may be a little riper than those to be eaten raw. Peel. Slice them across if large, lengthwise if small. Do not use any that have hard seeds. Dip first in egg, then bread-crumbs. Set aside in the ice-box for 1 hour. Have ready the lard heated to boiling point (see General Directions for Frying). When you are certain that it is boiling, lay in the slices of cucumber. In about 3 minutes, turn them. In about 3 minutes more, when tender, remove to a brown paper in the mouth of the oven. When dry, serve on an open platter.

STUFFED CUCUMBERS.

CONCOMBRES FARCIS.

For this, use large, ripe cucumbers. Peel. Split them in two in length, and remove the seeds. Make a dressing as for Stuffed Peppers (see receipt), or a force-meat of chicken or veal and ham (see Force-meats). Fill the cavity left in the cucumbers with the dressing. Put the two sides together again, and tie securely; or each side may be rounded up with the dressing and covered with crumbs. Lay them

in a saucepan, with about 2 gills of broth. Set them where they will simmer very gently, for about 1 hour, until tender. Remove them to a hot dish. Set the saucepan over the fire; add 2 gills more of broth to it; boil down briskly for a few minutes. Thicken slightly with a pinch of cornstarch, blended with a little cold water. Stir and boil for 2 minutes; pour it around the cucumbers, and serve.

DRESSED CUCUMBERS.

CONCOMBRES EN SALADE.

Select very young cucumbers. Bury them in the ice for long enough to chill them thoroughly through; or, if hurried, put them in a pan with ice and salt, *with their skins on.* Leave them until the very latest moment before using; then peel; slice them just as thin as possible, and, at the moment of serving, add vinegar, salt, and cayenne; add also oil, if liked. *Do not let them stand in the dressing.* If the above rules are strictly and literally followed, you will find that cucumbers are far less indigestible than is generally believed. They should never be allowed to stand and wilt in the dressing.

CUCUMBERS À LA MAÎTRE D'HÔTEL.

CONCOMBRES À LA MAÎTRE D'HÔTEL.

Prepare the cucumbers as for stewing (see receipt). Drain dry, and return to the fire in a saucepan, with a large lump of butter, pepper, salt, chopped chives, and parsley. Shake over the fire until very hot, and serve.

CUCUMBERS À LA POULETTE.

CONCOMBRES À LA POULETTE.

Prepare as for Stewed Cucumbers (see receipt). Just before serving, stir in the yolks of 1 or 2 eggs, blended with a few drops of cold water and a few drops of vinegar. Do not boil again after the eggs are added, or the sauce will curdle.

CUCUMBER FRITTERS.

BEIGNETS DE CONCOMBRES.

Peel and slice the cucumbers as for frying. Throw boiling water over them, and scald until almost transparent. Drain. Wipe dry. Dip in Fritter Batter (see receipt), and fry in deep boiling lard (see General Directions for Frying). Drain on brown paper, and serve on a cut paper. The cucumbers, if small, may be cut lengthwise.

RAGOÛT OF CUCUMBERS AND ONIONS.

RAGOÛT DE CONCOMBRES.

Sliced onions,
1 cup of water,
1 gill of stewed tomatoes, or
1 tablespoon of tomato catsup,
Sliced cucumbers,
Butter,
Flour,
Pepper,
Salt.

Fry the cucumbers and onion in butter until nicely browned. The cucumbers will brown better if the slices are lightly floured. When brown, add the water. Stew 30 minutes. Rub together a small teaspoonful of butter and 1 heaping teaspoonful of flour. Add to the cucumbers; stir and boil 3 minutes. Add the tomatoes, salt, and pepper. You may add, if you like, a little cold chicken or veal, cut into neat dice. Heat thoroughly, and serve. This is a very savory dish.

SPINACH AU JUS.

PURÉE D'EPINARDS AU JUS.

This is a dish that is so simple and easy to cook that, like tea or coffee, or a dozen other things of the same class, it is seldom done well.

In the first place, select young and tender spinach; if this is not possible, pick it over, carefully tearing off only the tender part of the leaf, and rejecting all the spines and coarse fibres. Put it on the fire, with about a cupful of

boiling water to half a peck of spinach. *Do not cover the saucepan.* Let it simmer for 10 minutes. By this time it should be quite wilted, and that is all the cooking it requires; more would destroy the color, and make it dry and tasteless. The following is a most important point in cooking spinach: when you remove it from the fire, drain it *perfectly* dry. This is where most cooks fail. Press it in a colander with a saucer or plate until every drop of moisture is pressed out. Some cooks are so energetic as to put it into a cloth and wring it dry. In any case it must be absolutely free from that disagreeable, green spinach-water, which may perhaps do for coloring, but is fit for nought else. Now turn it into a chopping-bowl, and chop it as fine as powder. Then, if liked, rub it through the colander. This latter makes a purée, and is excellent. Now add either a few spoonfuls of rich gravy or meat-juice, and a large lump of butter, pepper, salt, and a very small pinch of sugar. Put it into a saucepan, and, when thoroughly hot, serve it. The proper consistency of spinach when dressed is, that it should be as soft as it can be and yet retain its shape when neatly arranged in a mound. It must be neither too wet nor too dry. Garnish with Croûtons (see receipt), or with hard-boiled eggs, cut in quarters.

SPINACH À LA CRÈME.

PURÉE D'EPINARDS À LA CRÊME.

Having prepared the spinach as above, substitute cream for the gravy, and serve.

PIE-PLANT SPINACH.

Take the tender parts of the leaves of the rhubarb-plant, rejecting all that is fibrous. Scald. Throw off this water, and put on fresh. Boil for a few minutes, until tender. Drain dry, and dress like real spinach. It cannot be distinguished from sorrel, and is very wholesome and cooling in the early spring.

PURÉE OF SORREL.

PURÉE D'OSEILLE.

Prepare exactly as spinach, rejecting all that is fibrous. After scalding as described, dry thoroughly. Chop and press through a colander. Dress with butter, pepper, and salt, or add a little gravy. Garnish with croûtons and serve hot. The acidity of the sorrel may be modified by cooking it with an equal quantity of spinach.

PURÉE OF ENDIVES.

PURÉE D'ENDIVES.

Prepare according to receipt for spinach, chopping not quite as fine, and dressing with butter and rich stock, or with a small quantity of cream sauce, which should be mixed all through the endives. Garnish with croûtons or hard-boiled eggs. Serve very hot.

PURÉE OF CHICKORY.

PURÉE DE CHICORÉE.

Prepare exactly like endives or spinach.

BEET-TOPS.

Prepare exactly as endives, boiling longer until tender.

TURNIP-TOPS.

Prepare exactly as above.

DANDELIONS.

Prepare as above.

KALE.

Boil as above, only longer, until perfectly tender. Drain perfectly dry; make a little Cream Sauce (see receipt), and when the kale is chopped quite fine, stir it into the cream sauce and serve as above.

PURÉE OF LETTUCE.

PURÉE DE LAITUES.

When your garden yields more lettuce than you can use as salad, there are several ways of cooking it which will be found very good. One of these is to prepare the lettuce exactly the same as spinach, only boiling much longer, until perfectly tender. When drained perfectly dry, finish as directed. In the heat of the summer the coarse leaves are often bitter; it is best to throw them aside and use only what is young and tender.

LETTUCE AU JUS.

LAITUES AU JUS.

Wash the heads thoroughly without breaking. Cut all of uniform length and tie each lightly together. Lay them side by side in a buttered pan. Slice ½ an onion; lay it and 1 bay-leaf in the pan, and half-cover the lettuce with strong stock. Cover the pan air-tight. Stew very gently. *Or*, the pan may be stood in a slow oven. Open it from time to time and add a little stock as it cooks away, but very little at a time. Allow about 2 hours of slow cooking in the oven, and frequent feeding as directed. Take them out, remove the strings, and lay the heads of lettuce in an even row on a flat dish. Set the pan again on the range; add a gill of broth; let it boil briskly for a few minutes. Thicken it slightly with a pinch of corn-starch blended with a few drops of cold water; stir, and boil 3 minutes. Or the gravy may be thickened with a little Brown Roux (see receipt). Strain the gravy over the lettuce, and serve.

STRING-BEANS.

HARICOTS VERTS.

Select very young beans to boil; they must be fresh as well as young, and snap when bent. Tip and tail them, drawing off the strings. There are such excellent stringless

beans grown now, that it seems almost a pity to waste so much time over those that have to be strung. Cut them, if broad, in halves, both in length and breadth; if small, across once or twice. Throw into cold water for 30 minutes. Bring a kettle of water to a boil. Make it quite salt. When boiling rapidly, throw in the beans, which you have drained dry. Let them boil rapidly for 20 minutes if very young, longer, 30 to 45, if older. *Do not put the lid on the kettle.* When tender, drain free of all moisture. Return to the saucepan with a large lump of butter, a teaspoonful of vinegar, salt, pepper, and a tablespoonful of parsley chopped as fine as powder. Set in a warm place until the butter is melted, and serve.

LIMA BEANS.

Select very young beans; the younger the better. The almost universal mistake is made of allowing these beans to fill out and grow too large. Use only very small ones, sorting as you shell them. The larger ones will make delicious soup (see Purée of Limas and Tomatoes). Throw the small ones into cold water. Have a large kettle of slighty-salted boiling water. Throw in the beans and boil 40 to 60 minutes, according to their age. Drain dry. Return to the fire with pepper, salt, butter (and ¼ of an onion grated and fried in butter if liked), and stew for 10 or 15 minutes very gently. *Or*, drain after boiling; add cream, butter, pepper, and salt, and stew 10 or 15 minutes. In either case serve with parsley chopped as fine as powder.

PURÉE OF RED BEANS.

PURÉE À LA CONDÉ.

1 quart of dried red beans,
1 carrot,
1 onion,
½ teaspoon of bi-carbonate of soda,
1 bay-leaf,
1 pound of ham,
1 tablespoon of butter,
Salt and pepper.

Wash and soak the beans in lukewarm water overnight. In the morning, drain and cover with fresh cold water.

Bring to a boil. Boil 1 hour. Drain again. Return to the fire with just enough boiling water to cover them; add the baking-soda, ham, bay-leaf, carrot, and onion cut fine. Boil until they will mash easily under pressure, about 1½ to 2 hours longer. When tender, remove the ham, and press the beans, etc., through the colander. Return them to the kettle; add the butter and sufficient cream to make the purée of the consistency of soft mashed potatoes. Season with salt and pepper. Serve very hot as a vegetable, or as a garnish for veal sauté, etc.

PURÉE OF LENTILS.

PURÉE DE LENTILLES (CHANTILLY).

Prepare exactly as above.

PURÉE OF DRIED PEAS.

PURÉE DE POIS SECS.

Prepare exactly as above, using round, green, dried peas in preference to any others.

BOSTON BAKED BEANS FOR SUNDAY BREAKFAST.

Friday night: Pick over and wash the beans and put them to soak.

Saturday morning: Skim the beans out of the water and put into a kettle with hot water to cover them. Let them just come to a boil. Skim them out of the kettle into the bean-pot. Cut ¾ of a pound of salt pork in strips and lay them on the top; add the molasses (1 tablespoonful). Cover them with hot water. Put on the lid of the pot and let them bake in a slow oven all day. If the water dries off, add enough to keep them covered. Let them stand in the oven all night to keep warm.

Sunday morning: Eat and enjoy.

The bean-pot is a crock narrowed in at the mouth, and is supplied with a cover. It should be boiled in water with

some drippings to remove the glaze before using for baked beans. The above old-fashioned receipt allows for 1 quart of small, dried, white beans.

CREOLE BEANS AND BACON.

1 quart of red beans,
½ pound of fine bacon,
Pepper,
1 onion, cut very fine,
Cold water to cover,
Salt.

Soak the beans overnight and cook exactly according to receipt for Pork and Beans. Leave the bacon in 1 square piece. When it has boiled perfectly tender, which will probably be before the beans, take it out; skin and set aside until the beans are very tender. Place the bacon in the centre of a baking-dish; drain the beans and put them around the bacon; fill to the top of the beans with the liquor in which they boiled. Bake 1½ to 2 hours, until the liquid is nearly all absorbed. Recommended.

PURÉE OF CHESTNUTS.

PURÉE DE MARRONS.

1 quart of large chestnuts,
1 tablespoon of butter,
1 quart of stock or water,
Salt and pepper.

Shell the chestnuts, and throw into boiling water until the skins come off easily. Drain and skin. Put them into a saucepan with the stock or water; boil about 30 minutes, until quite soft. Press through a colander; add butter, pepper, and salt. It should be of the consistency of soft mashed potato. Return to the fire. Stir, and when very hot, serve. Good with veal sauté, dindonneau (turkey-chick), etc.

LENTILS SAUTÉ WITH BUTTER.

LENTILLES SAUTÉES AU BEURRE.

1 pint of dried lentils,
Chopped parsley and chives,
2 tablespoons of butter,
Salt and pepper.

Soak the lentils overnight in warm water. Next day put them in a saucepan with lukewarm water, and simmer for 2

hours and 30 minutes; when perfectly tender, drain. Melt the butter in a saucepan; add the lentils, pepper, and salt. Stew gently for 15 minutes. Add 1 teaspoonful each of parsley and chives, chopped as fine as powder, and serve.

SAMP.

Select very white and evenly-cracked samp. Wash it. Soak it overnight in lukewarm water. Next day, throw that water off; cover with fresh cold water; bring gradually to a boil, and boil gently for 5 hours. As the water becomes absorbed, add fresh boiling water from time to time. When tender all through, drain off the water; put the samp into the farina-kettle with milk enough to make it quite soft; stew gently, with the cover off, for 1 hour, until the milk is absorbed and the samp creamy. Add a good quantity of salt and a large lump of butter. When the butter is melted, serve.

N. B.—Be certain the samp is quite tender before the milk is added.

FRIED SAMP.

When cold (prepared as above), form into cakes; dip in egg and flour, and fry in hot butter until quite brown. Excellent for breakfast.

CELERY AU JUS.

CÉLERI AU JUS.

Cut the celery (if possible, without separating the stalks) into lengths of 6 to 8 inches. Wash carefully, not to break it, and clean the earth from it thoroughly. Scald it for 5 minutes in boiling water. Line a saucepan with thin slices of bacon. Lay the celery on these. Mix 4 tablespoonfuls of Espagnole Sauce (see receipt) with an equal quantity of consommé or good stock. Cover air-tight. Simmer gently for 45 minutes. Or the saucepan may be stood in the oven for the same length of time. Dish the celery like asparagus; skim the sauce, strain it over the celery, and serve.

CELERY-ROOT OR CELERIAC.

CÉLERI-RAVE.

Wash very thoroughly. Cut the leaves off about 1 inch from the root. If very large, divide in 4. Blanch it in salted boiling water for about 10 minutes. Drain dry; add the celeriac to a rich Cream Sauce (see receipt); set it over boiling water and stew gently until tender, about 30 minutes. *Or*, the celeriac may be sliced when scalded, and finished as above. It will require less time to cook.

STEWED CELERY.

CÉLERI À LA CRÈME.

Wash out all the earth, and cut the celery into even pieces about 2 inches long. Boil in salted boiling water until rather tender, about 20 minutes; then make a White Sauce (see receipt), using the water in which the celery has boiled to blend the sauce. Add an extra teaspoonful of butter or a little cream; drain out the celery; add it to the sauce; set over boiling water and stew very gently until tender, about 45 minutes in all. Keep covered. Serve hot.

CELERY FRITTERS.

BEIGNETS DE CÉLERI.

Having cut the celery into 2-inch lengths and boiled quite tender, dip it in batter (see receipt for Clam Fritters) and fry as directed. Dish in a pyramid on cut paper or a folded napkin.

JERUSALEM ARTICHOKES À LA CRÈME.

TOPINAMBOURS À LA CRÈME.

It is unfortunate that this excellent vegetable is so little known and appreciated in this country. It is very easy (too easy, the farmers think) to raise, and should be very inexpensive. Wash. Boil with their skins on in salted boiling

water for about 20 minutes, more or less, according to age and size. When tender all through, but not soft enough to fall in pieces, drain, peel, and mix with a rich Cream Sauce (see receipt) which has been prepared meanwhile. Set over boiling water and stew very gently for 5 to 10 minutes, and serve.

JERUSALEM ARTICHOKES AU GRATIN.

TOPINAMBOURS AU GRATIN.

Boil as above, and dress exactly according to the directions for Cauliflower au Gratin.

PURÉE OF JERUSALEM ARTICHOKES.

PURÉE DE TOPINAMBOURS.

Wash and skin 1 dozen artichokes; boil until tender in 1 pint of consommé. Drain. Press through a colander; return to the fire in a saucepan, with 1 tablespoonful of butter, salt, and pepper. When hot, serve with filet of beef, veal sauté, braised chicken, etc., etc.

JERUSALEM ARTICHOKES BAKED.

TOPINAMBOURS RÔTIS.

Peel and trim a dozen artichokes. Melt 1 tablespoonful of butter or drippings in a fire-proof dish, which can be sent to table; put in the artichokes; add salt and pepper, and bake for 30 minutes, basting frequently, until of a rich brown. Serve in the same dish.

BRAISED JERUSALEM ARTICHOKES.

TOPINAMBOURS BRAISÉS.

Prepare as directed in the receipt for Braised Chicken with Jerusalem Artichokes.

JERUSALEM ARTICHOKE CHIPS.

TOPINAMBOURS FRITS.

Prepare according to receipt for Potato Chips.

FRENCH OR GLOBE ARTICHOKES.

ARTICHAUTS.

Cut the stalk close, then, with a pair of scissors, trim the sharp points from the leaves, removing not more than ½ an inch from each. Wash in cold water and vinegar, to draw out any lurking insects. Have ready a pot of salted boiling water. Lay in the artichokes, and boil very gently, until you can draw out a leaf easily, but do not let them go to pieces. Drain them upside-down until dry. Then serve hot with Hollandaise Sauce, or cold with Tartare Sauce, or with Plain French Dressing (see receipts). The time for boiling will vary with the size and age of the vegetable, from 25 minutes to 1 hour.

TO BOIL ONIONS.

Cut a small slice from top and bottom of each onion, selecting white ones for the purpose. Peel them in a bowl under water. Put them into a china-lined saucepan, with boiling water to cover. In 15 minutes throw this water off, and replace it with fresh boiling water and 1 teaspoonful of salt; boil until the onions are tender enough to pierce with a straw. This will require from 40 to 60 minutes for medium-sized onions. The very large Spanish require much longer. Drain. Serve with melted butter, pepper, and salt. The best onions for boiling are the Bermudas.

ONIONS WITH CREAM SAUCE.

OGNONS À LA CRÈME.

Having prepared as above, boil until quite tender, but not entirely done. Have ready a Cream Sauce (see receipt). Drain the onions, and lay them in the sauce. Set on one side of the fire, over a kettle of boiling water (*bain-marie*), and stew gently for fully 30 minutes, until the onions begin to go to pieces. Young Bermuda onions prepared in this way are very delicate.

ONIONS BAKED AND BROWNED.

Cut a slice from the top and bottom of each, and peel them in a bowl of water. Use Bermudas, if possible. Have ready a pot of salted boiling water; add enough milk to whiten the water. Put in the onions, and boil until quite tender, from 40 to 60 minutes. Drain. Lay them in a bake-pan; sprinkle with salt, pepper, and a pinch of sugar; add a little of the liquor in which the onions were boiled, and bake in the oven until the onions are nicely browned.

GLAZED ONIONS.

OGNONS GLACÉS.

15 onions,
1 teaspoon of sugar,
1 cup of consommé,
1 large tablespoon of butter,
Salt.

Peel the onions in a bowl of water, cutting the skin not too close to top or bottom, lest they should go to pieces in cooking. Take a saucepan large enough for all the onions to fit in the bottom side by side. Put in the butter, and, when it is melted, place the onions in it. They should be of uniform size. Sprinkle with the sugar, and moisten with the consommé, which should be strong and well-flavored. Add salt. Cover and set on the side of the range, where they will stew gently for about 1 hour. By the time the onions are tender all through, the broth should have cooked down to a glaze. If not quite brown enough, uncover and set the saucepan in the oven for a few minutes. Remove the onions to a dish. Set the saucepan on the top of the range; add a little fresh consommé; stir it around; boil and strain over the onions. The sauce may be very slightly thickened, when boiling, with a pinch of corn-starch, dissolved in a little cold water. Stir and boil 3 minutes. Use the onions as a garnish for beef, veal, etc.

SPANISH ONIONS BAKED.

These are the very large, white-skinned onions. Put them, unpeeled, in a pot of salted boiling water, and boil rapidly 1 hour. Then wipe dry; roll in greased papers which you twist at the 2 ends to keep in the steam, and bake from 1 to 2 hours. If very large, boil longer before baking. When baked, remove the papers; peel the onions, and serve with butter, pepper, and salt; or with a rich Brown Sauce (see receipt).

PLAIN BOILED OKRA.

GOMBOS.

Cut off the stems, nearly up to the shoulder; do not tip them unless the points are discolored. Put them whole (they should never be more than 2½ inches long for plain boiling) in a china-lined saucepan with salted boiling water. If boiled in iron, the okra will turn black. Boil 20 to 30 minutes until perfectly tender, but do not let them break. Drain off the water. They are now ready to be dressed, according to taste.

OKRA STEWED.

GOMBOS SAUTÉS.

Boil as above; when drained, return to the saucepan with a large tablespoonful of butter, 1 of vinegar, and pepper and salt. Set back on the range where the butter will melt and stew very gently. Be careful not to boil again, once the okra is tender enough, or it will break. In 15 minutes, serve.

OKRA AND TOMATOES STEWED.

Peel and slice tomatoes; slice okras crosswise, an equal quantity of both. Slice 2 or 3 *sweet* peppers, rejecting the seeds (beware of the hot peppers). Stew all together for 1 hour to 1 hour and 30 minutes, adding water only in case the

vegetables become too dry, and very little then. Add a large lump of butter and salt; let stand 5 minutes, and serve. A ½ cupful of well-washed rice and small pieces of ham cut in dice may be added to the above. Watch that it does not scorch.

OYSTER-PLANT OR SALSIFY.

SALSIFIS.

Scrape thoroughly and lay in cold water immediately, as the contact with the air will turn it black. Have ready a china-lined kettle of boiling water. Lay in the salsify and boil until tender, 1 hour, perhaps less. It may be cut in 2-inch lengths before boiling, if desired. When tender, drain quite dry and dress according to any of the following receipts.

STEWED SALSIFY WITH CREAM SAUCE.

SALSIFIS À LA CRÈME.

Having boiled the salsify as directed, and cut it in 2-inch lengths, prepare a rich Cream Sauce (see receipt). Dish the salsify; sprinkle a few drops of vinegar on every piece and pour over the Cream Sauce. *Or*, make a White Sauce (see receipt), adding to it a little vinegar; lay the salsify in this; set over boiling water and stew 10 to 15 minutes. Serve. Always sprinkle finely-chopped parsley over the top.

SALSIFY SAUTÉ.

SALSIFIS SAUTÉS.

1 bunch of salsify,
1 tablespoon of vinegar,
1 " " mushrooms, chopped,
Pepper,
1 tablespoon of butter,
1 " " chopped parsley,
1 " " " chives,
Salt.

Having boiled the salsify, cut it in 1-inch lengths; add all the other ingredients; stew very gently for 15 minutes, and serve.

FRITTERS OF SALSIFY.

BEIGNETS DE SALSIFIS.

Having boiled the salsify as directed, cut it in 2-inch lengths; dip in batter (see Clam Fritters); fry in boiling lard (see General Directions for Frying); drain on brown paper, and serve on cut paper or a folded napkin.

FRIED SALSIFY CAKES.

Having boiled the salsify as directed, mash it through the colander and finish as directed for Parsnip Cakes (see receipt).

SCALLOPED OYSTER-PLANT OR SALSIFY.

SALSIFIS AU GRATIN.

1½ pounds of boiled oyster-plant,
2 teaspoons of salt,
3 ounces of butter,
½ gill of milk,
Cayenne.

Having boiled the salsify, press it through a colander. Add 2 ounces of butter and all the other ingredients. Stir well over the fire until the butter melts. Fill a fire-proof baking-dish with the mixture. Stand the dish in a pan of hot water. Cover the top with fine bread-crumbs and the remaining butter in dots. Set in the oven for about 20 minutes until brown, and serve. Celery-salt may be substituted for part of the salt in the receipt.

MOCK OYSTERS OF SALSIFY.

COQUILLES DE SALSIFIS.

Prepare as above, baking in small shells or china cases, 5 to 8 minutes.

CARROTS.

Scrape and lay in cold water for 30 minutes. Put them down in boiling water and boil about 1 hour and 30 minutes;

this is the time for winter carrots boiled whole. If cut in slices or strips, they will require less time. When tender all through, drain dry, and dress according to any of the following receipts.

Small summer carrots need only to be scraped, washed, and boiled for about 20 minutes, then dressed.

CARROTS FRICASSÉED.

CAROTTES À LA CRÈME.

Having boiled the carrots, cut them neatly in ½-inch dice; have ready a rich Cream Sauce (see receipt); stir in the carrots, salt, and pepper. Set on one side and stew gently for 15 to 20 minutes; stir in 1 tablespoonful of chopped parsley and a little chopped chives and chervil, and serve.

CARROTS À LA LYONNAISE.

CAROTTES À LA LYONNAISE.

Having boiled the carrots, cut them into even, fine dice. Chop an onion very fine and fry it golden-brown in a tablespoonful of sweet drippings and a little butter. Add the carrots, pepper, and salt. Mix, and when very hot add 1 tablespoonful of chopped parsley and chervil, and serve.

CARROTS SAUTÉD.

CAROTTES SAUTÉS.

Summer carrots of medium size are best for this purpose. Scrape and wash. Cut crosswise in very thin slices. Pour boiling water over them, and when perfectly tender (10 or 12 minutes), drain off the water. Add a large lump of butter, a good pinch of sugar, pepper, and salt. Shake occasionally until the butter melts and the carrots begin to be a little reddish-brown on the edges, but do not fry. Sprinkle with pepper, salt, parsley and chervil chopped as fine as powder, and serve.

CARAMEL CARROTS.

CAROTTES AU CARAMEL.

Having boiled them as directed, cut the carrots in long, thin strips, like cigarettes. Put into the frying-pan a large lump of butter and drippings. When very hot, add the carrots; sprinkle with sugar, pepper, and salt, and fry until the edges are well browned. Sprinkle with chopped parsley and serve.

BEETS.

BETTERAVES.

Winter beets should be soaked overnight and boiled until tender, anywhere from 3 to 6 hours. Do not touch them with a knife until they are boiled, or their color will be destroyed. Winter beets should be peeled when cooked very tender, sliced and served with a lump of butter melted with vinegar, pepper, and salt poured over them. *Or*, served cold, sliced, with vinegar, pepper, and salt. Set them away for a few hours before serving in this way, for the vinegar to penetrate them. They will keep for some time, and are excellent to mix with salads, and useful as a garnish.

Summer beets require less time to boil, 1 hour being sufficient for small ones. If very small, serve whole, peeled, with butter and vinegar as above; those of medium size should be cut in 4.

TO BOIL PARSNIPS.

Scrape and lay them in cold, salted water for 20 minutes. If old, peel carefully and split lengthwise. Put into salted boiling water, if young, for 30 to 45 minutes; if old, perhaps more than 1 hour and 15 minutes. When tender, drain and serve dressed according to any of the following receipts:

STEWED PARSNIPS WITH CREAM SAUCE.

PANAIS À LA CRÈME.

Having boiled as directed, cut the parsnips in neat even pieces, and stir into a Cream Sauce (see receipt). Set on one side where they will cook over boiling water (*bain-marie*) very gently for 10 or 15 minutes, and serve.

PARSNIP FRITTERS.

BEIGNETS DE PANAIS.

Having boiled the parsnips as directed, cut them in long narrow strips like cigarettes; dip in batter; drop them into deep boiling lard, being certain that the lard is really boiling (see General Directions for Frying). When well puffed and golden-brown, remove with a skimmer and set on brown paper to drain. Fry only a few at a time. Serve in a pyramid on cut paper or a folded napkin.

Batter for same: Mix ¼ of a pound of flour with the yolks of 2 eggs, a level saltspoonful of salt, half that amount of pepper, ¼ of a grated nutmeg, 1 tablespoonful of salad oil, and 1 cup of water, more or less as the flour absorbs it. Add the whites of 2 eggs beaten to a stiff froth. The batter should be stiff enough to hold the drops in shape when dropped from the spoon. Use for parsnip or any other vegetable or fruit fritters.

PARSNIPS SAUTÉ.

PANAIS SAUTÉS.

Having boiled the parsnips as directed, cut them in long narrow strips like cigarettes. Put them into a saucepan with a large lump of sweet drippings or butter, and shake occasionally until the butter absorbs and the edges of the parsnips become slightly browned; do not allow them to fry crisp. Chop a tablespoonful of parsley as fine as powder; stir it, with pepper and salt, into the parsnips, and serve. The parsnips will boil more quickly for the above, if cut first into strips.

FRIED PARSNIPS.

PANAIS FRITS.

Having boiled the parsnips as directed, cut them in slices lengthwise. Heat some drippings in the frying-pan, and when very hot, lay in the parsnips. Fry brown on one side; turn and brown the other. Sprinkle with chopped parsley, pepper, and salt, and serve.

FRIED PARSNIP BALLS.

3 large parsnips,
2 eggs,
1 cup rich milk,
1 tablespoon of butter,
3 tablespoons of flour,
1 teaspoon of salt.

Having boiled the parsnips as directed, but a little longer, until very tender, drain and mash through the colander. Beat the eggs very light, together; mix all thoroughly. Form into balls and fry in very hot butter, lard, or sweet drippings. Be sure the fat is boiling hot. *Or*, drop into deep lard like fritters; *or* fry on the griddle.

MASHED PARSNIPS.

PURÉE DE PANAIS.

Having boiled the parsnips very tender, mash through a colander; add a large lump of butter, pepper, salt, and milk enough to make a purée. Serve in a mound on a hot dish; or add a little more milk and serve as a purée with veal cutlets, etc.

TO BOIL TURNIPS.

Peel; lay in cold salted water 30 minutes. Drain. Put in salted boiling water; cover, and boil about 1 hour and 30 minutes, or more, for whole winter turnips.

Young turnips should be peeled and about 1 inch of the green top left on. Boil about 1 hour until tender; the length of time must depend upon the size of the turnip. Drain dry and serve with melted butter, pepper, and salt, or with rich Cream Sauce (see receipt).

TURNIPS BAKED WITH MUTTON.

Boil the turnips as directed until almost tender; if very large, cut in 4; drain, and lay them in the pan with a roasting leg of mutton about 45 minutes before it is to be done. Baste frequently, and serve around the mutton. The turnips should bake until well browned and very tender. Yellow turnips are best for this purpose.

TURNIPS WITH CREAM SAUCE FOR BOILED MUTTON.

NAVETS À LA CRÈME.

Cut in quarters and boil as directed. When nearly tender, drain, and put them into a Cream Sauce (see receipt); stew until very soft, about 30 minutes, over boiling water. Serve around a boiled leg of mutton, with the sauce poured over.

TURNIPS AU JUS.

NAVETS AU JUS.

Cut in quarters, if large, and boil as directed, until very tender. Drain and put into the pot with a braised leg or shoulder of mutton, about 45 minutes before it is to be served. Dish around the meat or separately.

MASHED TURNIPS.

PURÉE DE NAVETS.

Boil as directed 4 or 5 large yellow turnips and 2 large potatoes. When tender, drain very dry; mash all through a coarse sieve. Add butter, a little cream, pepper, and salt. Form neatly into a mound and dot all over with black pepper. Or make the purée softer by adding more milk and butter, and serve around veal sauté, etc. The addition of potatoes is of importance.

GLAZED TURNIPS.

NAVETS GLACÉS.

Trim the turnips of uniform size, the shape of a large olive. Wash in cold, salted water. Drain. Stand them

upright in a pan; cover with broth, which has been boiled until very rich; add a pinch of sugar. Boil 20 minutes or more. When tender, remove the turnips; set the sauce where it will cook down quickly, and, when reduced to a glazé, return the turnips to the pan, and cover on all sides with the glaze. Serve.

TURNIPS AU GRATIN.

NAVETS AU GRATIN.

Boil in thin slices until tender; drain and finish, according to directions for Cauliflower au Gratin.

BROWNED TURNIPS.

Peel; slice; boil until tender, about 20 minutes. Drain. Put 2 large tablespoonfuls of butter into the frying-pan; when smoking hot, lay in the turnips; sprinkle over them salt, pepper, and about 1 tablespoonful of soft sugar. Turn until well browned on both sides. Serve.

TO MAKE A RICE BORDER.

1 cup of well-washed rice,
Salt,
1 quart of stock, white is best,
Pepper.

Bring the stock to a boil. Having drained the rice well, drop it into the stock, and boil very rapidly for 15 minutes, *uncovered;* then stand it over a moderate fire to steam, not boil, for 20 minutes longer. Drain. Season with salt and white pepper. Butter thoroughly the bottom and sides of a tin border-mould. Press the rice into this; set it in the oven for 15 minutes. Remove it; loosen the edges with a knife; place a hot dish upside-down over the mould; with a quick movement turn both over, and remove the mould. Fill the centre with Curried Chicken, Fricassée, Blanquette of Veal, etc.

CREOLE RECEIPT FOR BOILING RICE.

RIZ PERLÉ

Wash the rice in 3 waters; rub it dry in a clean cloth after the last washing. Have ready a deep saucepan of boiling water; sprinkle the rice into it. The water should be deep enough to allow the grains to play about freely. *Do not cover.* After boiling 20 minutes, test several grains to see that all are tender at the heart. If not, boil 2 or 3 minutes longer, about 22 minutes in all. Remove from the fire; throw it into a colander. When drained perfectly dry, put it into a saucepan with a large lump of butter, say 1 tablespoonful to 1 cup of raw rice, and plenty of salt. Stand it where it will get as much heat as it can without scorching. Do not cover. Do not stir. Every now and again turn it lightly from the bottom with a fork, and scatter any lumps that form. In about forty minutes, if exposed to sufficient heat, the rice will be dried so that every grain stands by itself. Should the rice be boiled even a little too soft, it will take much longer to dry. Should it look pasty, when drained, hold it under the cold-water faucet and let the cold water dash through it; then shake dry, put into the saucepan with butter, and finish as above. The above receipt is one that has been in daily and successful use for many years. When well cooked, every grain should be separate and saturated with butter.

BOILED RICE.

RIZ.

Have ready on the fire a large pot of boiling water. Wash the rice, and sprinkle it in. Add salt. Boil rapidly, so that the water tosses the grains about loosely for 25 minutes without touching. Then, if perfectly tender, throw it into the colander, and leave it over the pot of hot water to steam for 10 minutes. Dish and serve. Never cover it, either while cooking or when served.

SALADS AND DRESSINGS.

SIDNEY SMITH'S SALAD DRESSING.

"Two large potatoes, passed through kitchen sieve,
Smoothness and softness to the salad give;
Of mordent mustard add a single spoon,
Distrust the condiment that bites too soon;
But deem it not, thou man of herbs, a fault,
To add a double quantity of salt:
Four times the spoon with Oil of Lucca crown,
And twice with vinegar procured from "town";
True flavor needs it, and your poet begs
The pounded yellow of two well-boiled eggs.
Let onion's atoms lurk within the bowl,
And, scarce suspected, animate the whole.
And, lastly, in the flavor'd compound toss
A magic spoonful of Anchovy Sauce.
Oh! great and glorious, and herbaceous treat,
'T would tempt the dying anchorite to eat.
Back to the world he 'd turn his weary soul,
And plunge his fingers in the Salad-bowl."

MAYONNAISE SAUCE.

See Sauces.

REMOULADE SAUCE.

See Sauces.

VINAIGRETTE.

See Sauces.

MUSTARD DRESSING.

1 teaspoon of dry mustard,
2 gills of olive oil,
Salt and pepper,
3 or 4 drops of boiling water,
Vinegar,
1 yolk of egg may be added, if desired.

Blend the mustard first with the boiling water, and work it up to a sticky paste; you may require 1 or 2 drops more than indicated above, but, if so, add them very carefully, as it is easy to use too much water. Then begin to add the oil, drop by drop at first; more boldly after a few minutes. Every time there is any appearance of "cracking" or curdling, add a few drops of vinegar, and work briskly until it smooths out again. The quantity of oil is only approximate, for, after a little experience of the management of it and the vinegar, it will be found that the same amount of mustard can be made to hold more oil. This dressing is a general favorite for celery salad, fish salad, tomatoes, etc., etc., and deservedly so, as it is much more reliable than the mayonnaise, which it closely resembles in appearance. With plenty of patience, and management in the alternate use of the vinegar and oil, it is certain to succeed where, especially in summer, mayonnaise fails, often unaccountably. This dressing, if made in larger quantity, can be kept in a glass jar on ice for 1 or even 2 weeks. If the oil separates at all, it can always be rubbed smooth again with a few drops of vinegar. Recommended.

DRESSING FOR COLD-SLAW.

1 tablespoon of dry mustard,
½ teaspoon of sugar,
2 eggs,
½ teaspoon of salt,
2 gills of warm water,
1 gill of vinegar,
1 scant gill of oil, cream, or melted butter.

Mix together sugar, salt, mustard, and water; stir smooth and add the oil. Set over the fire and boil up once, stirring steadily. Remove from the fire and beat it into the eggs, which are already beaten together in a bowl. Return the sauce to the fire, setting it over boiling water. Stir until smooth and thick, then add the vinegar. When cold, use for slaw, cold meats, etc. This is a very old-fashioned receipt.

FRENCH SALAD DRESSING.

1 tablespoon of vinegar, 3 tablespoons of best olive oil,
¼ saltspoon of pepper, ½ saltspoon of salt.

Mix well together in a cup and pour over the salad at the last moment; mix through and serve. Be careful not to crush the lettuce in mixing. The proportion of vinegar varies with the salad to be dressed, lettuce and doucette (corn-salad) requiring very little, while others require even more than the above allowance. If the dressing is mixed upon the salad, add the ingredients in the following order: First pour over the oil. Mix. Then put into the spoon the vinegar; add to it the salt and pepper; mix these in the spoon until dissolved, then sprinkle over the salad; mix and serve. Observe this rule, and you will find that it makes a great difference in the excellence of the salad.

LETTUCE SALAD.

SALADE DE LAITUES.

To crisp the lettuce, take a pan of cold water, dip the lettuce into it, holding the root in the hand. Dip it in 3 or 4 times, then shake it out well. If you have one, use a salad-basket to dry the lettuce. Pick over the lettuce carefully to see that it is perfectly clean, stripping off the larger leaves, and leaving the heart intact. Lay all in a thin, clean towel; fold it up loosely and set in the ice-box until required.

N. B.—Handle it as little and as lightly as possible. Dress it at the last moment with plain French Dressing (see receipt). It must not stand after being mixed, or it will wilt. Garnish with hard-boiled eggs cut in quarters.

SALAD OF ENDIVES.

SALADE D'ENDIVES.

1 pint of endives, French Dressing,
1 teaspoon of chervil, chopped very fine.

Crisp the endives as described (see Lettuce Salad). When ready to serve, add chervil and dressing. Mix. Do not let it stand or it will wilt.

CHICORY SALAD.

SALADE DE CHICORÉE.

Prepare exactly as Salad of Endives.

ESCAROLE SALAD.

SALADE D'ESCAROLE.

Prepare exactly as Lettuce Salad (see receipt).

ROMAINE SALAD.

SALADE ROMAINE.

Prepare exactly as Lettuce Salad (see receipt).

FETTICUS OR CORN-SALAD.

SALADE DOUCETTE.

Pick over every leaf carefully. Prepare exactly as directed for Lettuce Salad (see receipt).

WATER-CRESS SALAD.

SALADE DE CRESSON.

Pick over every sprig carefully. Prepare exactly as Lettuce Salad (see receipt).

DANDELION SALAD.

SALADE DE CHICORÉE SAUVAGE.

Wash carefully and prepare exactly as Lettuce Salad (see receipt).

SALAD OF CRESS, PEPPER-GRASS, AND CHERVIL.

Wash and pick over carefully; mix equal quantities and prepare exactly as Lettuce Salad (see receipt). Mustard-grass may be added in season. This is a delicious, fresh salad for early spring, the grasses being better when grown under glass.

CUCUMBER SALAD.

SALADE DE CONCOMBRES.

See Dressed Cucumbers, chapter on Vegetables.

CUCUMBER AND ONION SALAD.

Prepare the cucumbers as directed for Dressed Cucumbers. Add an equal bulk of sliced Bermuda or Spanish onions. Mix with a lump of ice, French Dressing, and cayenne, and serve immediately.

SALAD OF STRING-BEANS.

HARICOTS VERTS EN SALADE.

1 pint of cold boiled beans, French Dressing,
1 teaspoon each of parsley and chervil, chopped as fine as powder.

Select very young and tender beans; boil as directed (see Vegetables). Put them with the parsley and chervil in the salad-bowl. Add the dressing, a dash of cayenne, a teaspoon of tarragon or Maille vinegar; mix and serve. This salad will not be injured by being set in the ice-box for 1 hour before serving. Serve very cold.

ASPARAGUS SALAD.

ASPERGES EN SALADE.

1 pint of asparagus tips, French Dressing.

Boil the Asparagus Tips as directed (see receipt). When cold add the dressing. Mix. Let stand 1 hour. Serve very cold.

CAULIFLOWER SALAD.

CHOU-FLEUR EN SALADE.

1 pint of cold boiled cauliflower,
1 teaspoon of parsley, chopped as fine as powder,
1 teaspoonful of chervil, chopped as fine as powder,
1 teaspoon of tarragon or Maille vinegar,
French Dressing.

Boil the cauliflower as directed (see receipt). Separate the flowerets. Mix with them parsley, chives, and dressing. Set aside 1 hour. Serve very cold.

SALAD OF JERUSALEM ARTICHOKES.

SALADE DE TOPINAMBOURS.

1 pint of cold boiled artichokes,
1 teaspoonful of parsley, chopped as fine as powder,
French Dressing,
1 teaspoonful of tarragon or Maille vinegar,
1 teaspoonful of chervil, chopped as fine as powder.

Boil the artichokes (see receipt). When cold, peel, cut in quarters. Add parsley, chives, and dressing. Mix. Set aside 1 hour or more. Serve very cold.

OKRA SALAD.

SALADE DE GOMBOS.

50 cold boiled okras,
1 teaspoon of parsley, chopped as fine as powder,
1 teaspoon of chervil, chopped as fine as powder,
1 or 2 sprigs of chives, chopped fine as powder,
1 teaspoon of tarragon or Maille vinegar,
French Dressing,
Cayenne.

Boil as directed (see receipt). When cold, mix with the dressing and herbs. Set aside 1 hour and serve very cold.

SALAD OF DOUCETTE, CELERY, AND BEETS.

Prepare equal quantities of Doucette (corn salad) and Celery (see receipts), and ½ the bulk of celery in pickled beets cut fine. Mix. Add Sydney Smith's Salad Dressing. When all the ingredients are cold, mix thoroughly and serve immediately. Highly recommended.

SALAD OF CELERY, CABBAGE, AND BEETS.

Prepare equal quantities of Celery and Cold-Slaw (see receipts) and ½ the bulk of celery in pickled beets cut fine. Mix. Set away in the ice-box. Add a Remoulade Sauce or Sydney Smith's Salad Dressing (see receipts); mix well, let stand not more than 10 minutes. Serve very cold. Highly recommended.

RED BEAN SALAD.

1 pint of cold boiled red beans, Vinaigrette Sauce.

Boil the beans very slowly, until perfectly tender, adding a gill of cold water from time to time. When cold, mix with a Vinaigrette (see Sauces). Add cayenne, and tarragon or Maille vinegar to taste. The dressing should be very highly seasoned.

CELERY SALAD.

SALADE DE CÉLERI.

1 pint of white celery washed and crisped, French Dressing.

Cut the celery in 1 inch lengths. Add the dressing; mix. Do not let stand more than 10 or 15 minutes or the celery will wilt. It should be crisped exactly as directed for lettuce; never allow it to lie in the water or it will become water-soaked (see Lettuce Salad).

CELERY MAYONNAISE.

MAYONNAISE DE CÉLERI.

1 pint of celery washed and crisped, Mayonnaise Sauce.

Prepare the celery as above. Mix the Mayonnaise (see receipt) with it. Arrange neatly and garnish tastefully. It is recommended strongly to use the receipt for Mustard Dressing in preference to Mayonnaise.

COLD SLAW (OLD-FASHIONED).

1 pint of cut cabbage, Cold-slaw dressing.

Do not chop the cabbage, but cut it across the head in shreds as fine and thin as possible. Throw it into cold water for 10 minutes. Drain and crisp as directed for lettuce. Pour over sufficient Cold-Slaw Dressing (see receipt) to moisten well, and serve.

COLD SLAW.

1 pint of cut cabbage, French Dressing,
1 large tablespoon of tomato catsup, Cayenne.

Wash and crisp as above. Mix with the dressing. Do not allow it to stand more than 10 minutes, and serve very cold. Recommended.

TOMATO SALAD.

SALADE DE TOMATES.

1 pint of sliced tomatoes, French Dressing.

Peel the tomatoes with a sharp knife. Never under any circumstance scald the skin off for salad; it gives the fruit a half-cooked, sodden appearance, and destroys its quality. It may take a little more time and trouble to peel them as

described, but it is indispensable. When the tomatoes are peeled, set them whole near the ice until very cold. When required, slice ⅓ of an inch thick. Mix with the dressing, adding 1 large tablespoonful more of vinegar and 1 teaspoonful of tarragon or Maille vinegar in place of 1 of the tablespoonfuls of oil called for by the receipt. Add a dash of cayenne. Mix. Do not allow the salad to stand more than 20 minutes. Serve very cold.

MAYONNAISE OF TOMATOES.

TOMATES EN MAYONNAISE.

8 whole tomatoes, 1 head of lettuce crisped,
Mayonnaise.

Prepare the tomatoes as described for Tomato Salad, putting them whole upon the ice. Let them get *very* cold. Prepare a Mayonnaise, if liked. It is strongly recommended to use in preference to Mayonnaise, a Mustard Sauce (see receipt), to which add the yolk of 1 egg. When ready to serve, hollow out a small place from the top of each tomato (they should be of uniform size and shape); set the tomatoes upon a flat dish. Arrange around them the pale green leaves of the lettuce; fill the hollow in each tomato with dressing, and serve very cold. This is an extremely pretty dish, easy of execution, and will be found particularly good if the Mustard Sauce is used as above.

SALAD OF WHITE BEANS.

1 pint of cold boiled white beans,
1 tablespoon of finely-chopped chives,
1 tablespoon of finely-chopped chervil,
Tarragon vinegar,
Vinaigrette sauce,
2 tablespoons of smoked herring, shredded fine,
1 tablespoon finely-chopped parsley,
Cayenne.

Boil the beans as directed for Red Bean Salad (see receipt). When cold add all the other ingredients; mix; set in the ice-box for 2 hours. Serve very cold.

RUSSIAN SALAD.

SALADE RUSSE.

3 tablespoons each of: turnips, carrots, beets, cauliflower, green peas, flageolet beans,
1 teaspoon of parsley, chopped as fine as powder,
1 heaping teaspoon of chervil, chopped as fine as powder,
Plain French Dressing,
1 extra tablespoon of vinegar, tarragon or Maille.

The cold boiled vegetables should be cut into small, even pieces with a fancy vegetable-cutter, if possible. They should be well drained and iced. Arrange the different colors in a round dish, starting from the centre, like rays, red, white, green, 2 of each. If 8 sections are preferred, add 2 more white, repeating those given, or using Jerusalem artichokes and potatoes. The proper thing to use for the central point is the lower part of the French globe artichoke (fonds d'artichauts); but as this is not always obtainable, it may be replaced by a pretty, pale-green lettuce heart. Mix the dressing; pour it over the salad; set away 2 hours; add the heart of lettuce at the last moment, and serve very cold. This is a pretty dish for supper, and is good served with cold game.

The above dressing may be replaced by Mustard Sauce, colored with a little spinach-juice.

SALAD À LA DEMIDOFF.

Cold boiled potatoes, sliced,
Cold boiled button onions,
Truffles, sliced,
Stoned olives.

Rub the salad-bowl with olive oil. Lay in alternate layers of cold potatoes (which have been boiled in their skins and only peeled when cold), and sliced truffles, finishing with truffles. Around the outer edge, put a circle of very small white button onions, alternated with olives, stoned. Dress with French Dressing, substituting white wine for vinegar, if preferred. Set in the ice-box 2 hours before serving. None but the best truffles should be used.

SIMPLE POTATO SALAD.

SALADE DE POMMES DE TERRE.

1 pint of cold boiled potatoes, sliced,
2 tablespoons of pickled beet, cut fine,
1 tablespoon of shredded smoked herring,
1 tablespoon of shredded anchovy,
1 large tablespoon of tomato catsup,
2 tablespoons of vinegar,
1 teaspoon of Worcestershire sauce,
1 " " finely-chopped parsley,
1 teaspoon of finely-chopped chervil,
1 " " " chives, or onion-juice,
1 teaspoon of capers,
1 saltspoon of salt,
3 tablespoons of olive oil,
2 " " ice-water,
1 teaspoon mushroom catsup,
Pepper as required.

Use potatoes which have been boiled with their skins on and peeled when cold. Do not fail to do this, as they slice much more neatly. Add all the ingredients; mix well, and set in the ice-box for 2 hours. This salad is recommended; it is called "simple," to distinguish it from the orthodox Potato Salad, which is said to contain 32 ingredients.

SALAD OF LENTILS.

SALADE DE LENTILLES.

Prepare exactly as for Red Bean Salad (see seceipt).

CHICKEN SALAD WITH LETTUCE.

MAYONNAISE DE VOLAILLE.

1 pint of cold boiled chicken,
1 head of lettuce, crisped,
2 gills of Mayonnaise Sauce,
French Dressing.

Cut the chicken in small dice; do not chop it for this salad. Pour over it half the quantity given for French Dressing; let it stand for several hours in the ice-box. When ready to serve, put the chicken in a neat mound in the salad-bowl; arrange the lettuce around, and spread the Mayonnaise (see receipt) over it. Put the heart of the lettuce in the centre. Garnish with olives, strips of beet, pickles, capers, hard-boiled eggs, etc., according to taste.

CHICKEN AND CELERY SALAD.

1 pint of cold chicken, cut in dice,
2 gills of Mayonnaise or Mustard Dressing,
1 pint of celery, cut in pieces,
French Dressing.

Mix the chicken as described above with French Dressing, of which use 1 tablespoonful of oil instead of 3. Set away for several hours in the ice-box. When ready to serve, mix the celery with the chicken; arrange it in a neat mound; cover with Mayonnaise or Mustard Dressing (see receipts); edge with the white celery leaves, and garnish as above.

CHICKEN SALAD.

Lettuce or celery (1 pint),
1 scant pint of chicken, cut fine,
French Dressing,
1 gill of grated bread-crumbs,
2 gills of Mustard Dressing or Mayonnaise.

Mix together the chopped chicken, crumbs, and French Dressing. When ready to serve, add the Mustard Dressing (see receipt) and celery or lettuce as above.

TURKEY OLIO.

1 pint of turkey, chopped fine,
1 pint of celery, cut fine.
French Dressing,

Mix together turkey, celery, and dressing, Set in the ice-box for 1 hour. Add a little more vinegar than directed for plain dressing, and a pinch of cayenne. This is a delicious dish.

VEAL SALAD.

MAYONNAISE DE VEAU.

1 pint of tender cold veal, cut in dice,
2 gills Mayonnaise or Mustard Dressing,
French Dressing,
1 head crisped lettuce.

Put the veal in the salad-bowl, mixed with the French Dressing. Set it in the ice-box for 1 hour. Arrange it in a neat mound. Cover with Mayonnaise, and garnish with let-

tuce. The Mayonnaise may be replaced by a larger quantity of French Dressing or by Mustard Dressing. Add a dash of tarragon vinegar and a pinch of cayenne. It is further improved by the addition of a crust of stale bread rubbed with onion or garlic, and mixed through the salad. This *chapon* improves the delicate flavor of the salad.

BOUILLI SALAD.

SALADE DE BOUILLI.

1 pint of cold boiled beef,
1 teaspoon of chopped chives or grated onion,
1 tablespoon chopped parsley,
6 hard-boiled eggs,
Cayenne,
Tarragon vinegar,
Remoulade or Vinaigrette Sauce.

Do not chop the beef too fine, rather cut it in small dice. Cut the eggs up in the same way; add parsley, chives. Pour over the sauce (see receipts). Add a dash of cayenne and extra vinegar to taste. Mix and set away for at least 1 hour before serving. Excellent.

MAYONNAISE OF SWEETBREADS.

MAYONNAISE DE RIS DE VEAU.

1 pair of large sweetbreads,
2 gills of Mayonnaise,
1 head of lettuce,
1 teaspoon of tarragon vinegar.

Clean and boil the sweetbreads as directed, for 20 minutes (see receipt). When cooked, remove all skin and fibres and set away to cool. Then cut them into small, even dice. Crisp the lettuce (see receipt). Make the Mayonnaise (see receipt) in a soup-plate, the bottom of which you have rubbed with the cut side of half an onion. Add a little tarragon vinegar. Mix the Mayonnaise with the sweetbreads; arrange them in a mound in the salad-bowl, surrounded by a row of lettuce leaves. If a stronger flavor of onion is liked, cut a small crust of bread, rub it all over with onion, and mix it through the sweetbreads. This *chapon* must of course not be served. Garlic may be used instead of onion for the latter.

SARDINE SALAD.

SALADE DE SARDINES.

Skin and quarter the fish. Finish as directed for Shad-Roe Salad.

SCALLOP SALAD.

See receipt in chapter on Shell-Fish. Highly recommended.

LOBSTER MAYONNAISE.

MAYONNAISE DE HOMARD.

1 pint of cold boiled lobster meat,
2 gills of Mayonnaise or Mustard Dressing,
1 head of crisped lettuce,
All the fat, both green and red, of the lobster.

Cut the lobster meat in $\frac{3}{4}$ inch dice. Put it into a bowl, and set it on the ice. Make a Mayonnaise, or a Mustard Dressing, adding to the latter the yolk of an egg. Into this sauce mix every atom of fat, rubbed to a smooth paste. Add 1 teaspoonful of tarragon or Maille vinegar, if you can do so without thinning the sauce too much. Have your curled lettuce well crisped (see receipt). Separate the leaves. Having mixed together the lobster and dressing, fill each curled leaf with about 2 tablespoonfuls of the mixture, as a cup. Arrange tastefully on a flat dish, and serve very cold. This is not only very pretty, but delicious.

HARD-BOILED EGG SALAD.

ŒUFS DURS EN SALADE.

6 or 8 hard-boiled eggs,
Remoulade or Vinaigrette Sauce.

Boil the eggs (see receipt). Slice them. Arrange neatly on a dish with either sauce (see receipt) poured over. Set in the ice-box at least 1 hour before serving.

MAYONNAISE OF SALMON.

MAYONNAISE DE SAUMON.

Boil 2 salmon steaks as directed (see Boiled Salmon). Flake the fish. Heap it in a salad-bowl, having mixed it with French Dressing. Set it in the ice-box. When ready to serve, cover with Mayonnaise or with Mustard Dressing (see receipts); garnish with crisp lettuce leaves, hard-boiled eggs, pickled beets, olives, etc., to taste. Serve cold.

SALMON WITH MAYONNAISE SAUCE.

SAUMON, SAUCE MAYONNAISE.

This makes a very handsome dish for supper. Select a fine large salmon; boil as directed (see receipt). When boiled, place between 2 dishes and set away to cool, with a little of the fish-stock poured over to keep it moist. Make 2 or 3 times the quantity of Mayonnaise indicated in the receipt. When ready, dish the fish carefully on a long fish-dish; spread the Mayonnaise over the entire fish; garnish it tastefully with sliced lemon, crisped lettuce leaves, pickled beets, hard-boiled eggs, and olives. Set in a very cold place until ready to serve.

SHAD-ROE SALAD.

1 pair of shad-roes,
2 gills of Mayonnaise or Mustard Dressing,
1 teaspoon of salt,
Onion.

Wash the roes. Put them into a saucepan with the salt and boiling water to cover. Boil very gently 20 minutes. Remove; drain; set away to cool. When cold, cut in dice. Make the Mayonnaise (see receipt) in a plate, the bottom and sides of which have been rubbed with the cut side of an onion. Set it in the ice-box until wanted. Crisp the lettuce (see receipt). When ready to serve, arrange the shad-roes in a salad-bowl; cover with the dressing; arrange the lettuce in

a circle around, and serve. If the flavor of onion is liked, add to the salad a *chapon* as described in Mayonnaise of Sweetbread; garlic may be used instead of onion.

CRAB SALAD.

See receipt for same in chapter on Shell-Fish.

SHRIMP SALAD.

SALADE DE CREVETTES.

Boil the shrimps in salted boiling water until the shells turn pink. When cold, remove the meat from the shells without breaking it. When very cold, add to every pint of shrimp-meat 2 gills of Mayonnaise or Mustard Dressing. Have ready a head of crisp, curled lettuce. Arrange the mayonnaise of shrimps in the separated lettuce leaves, putting about 2 tablespoonfuls of the mixture into each leaf, as in a shell; arrange the leaves tastefully on a flat dish and serve very cold. Lobster, crab, or other mayonnaise may be served in the same way; it is no more trouble, and makes a very much prettier dish.

SAVORY RELISHES.

WELSH RARE-BIT.

2 cups of grated cheese,
1 gill of milk or porter,
2 eggs, yolks only,
Salt and cayenne to taste.

Cut thin, square slices of bread; remove the crusts and toast them. While hot, butter generously, and moisten with a few teaspoonfuls of boiling water. Keep them hot while the rare-bit is being prepared. Stand the milk (wine or porter) in a china-lined saucepan over a moderate fire; when boiling, add the cheese (fresh American cheese is best); stir constantly until the cheese is entirely dissolved. Add cayenne and salt. Have the yolks of eggs beaten to a cream. Stir them rapidly into the cheese, and pour immediately over the hot toast. Serve quickly on a hot-water plate or very hot dish, as standing spoils it. If the cheese is not very rich, add a lump of butter the size of a walnut. Beer, ale, or porter should always accompany Welsh rare-bit.

Note.—Should the rare-bit be stringy, it is due to the fact of the cheese not being sufficiently rich.

GOLDEN BUCK.

2 cups of grated cheese
½ teaspoon of salt,
6 poached eggs,
¼ teaspoon of made mustard,
Cayenne,
6 squares of buttered toast,
1 cup of milk, red wine, or porter.

Prepare the toast as for Welsh Rare-bit. Bring the milk (wine or porter) to a boil in a china-lined saucepan; add the cheese, mustard, salt, and cayenne. Stir continually until the cheese is dissolved. Pour it on the hot toast. Meanwhile, poach the eggs (see receipt). Put an egg on the top

of each piece of toast; sprinkle with salt and pepper; serve very hot as above directed. Do not let it stand a minute. Beer, ale, or porter should be served at the same time.

CHEESE STRAWS.

1 cup of grated cheese,
Butter, size of an egg,
1 cup of flour,
Cold water,
Cayenne.

Mix together the flour and cheese; add cayenne, then butter; add enough cold water to make a paste; roll out thin; cut in strips ½ inch wide by 7 inches long, and bake. They will take a very few minutes to bake if the oven is hot. Serve, when cold, tied in a bunch with a fresh ribbon.

CHEESE FONDU.

⅛ pound of sifted flour,
⅛ " grated Gruyère and Parmesan, mixed,
Pinch of grated nutmeg,
3 eggs,
⅛ pound of butter,
1 gill of milk or cream,
Salt and pepper.

Melt the butter; stir in the flour and mix thoroughly. Add the boiling milk; stir and boil for about 2 minutes until very thick. Remove from the fire. When slightly cooled, work in the yolks of eggs, salt, pepper, nutmeg, and cheese. Mix thoroughly. Have ready buttered 1 pudding-dish or several small soufflé-cases. Beat the whites of eggs to a very stiff froth; beat them into the mixture; fill the dish ⅔ full of the mixture and bake in a moderately-quick oven for about 20 to 25 minutes. Serve immediately. This dish must not stand.

TOASTED CHEESE.

1 cup of grated cheese,
Cayenne,
1 gill of cream,
1 yolk of egg,
Butter, the size of a hickory-nut.

Have ready neatly trimmed, very small pieces of buttered toast cut in squares or circles. Melt the cheese slowly in the

boiling cream over the fire; when hot, remove; stir in the yolk of egg and butter. Put the toast on a hot-water dish; spread the cheese over the toast and serve immediately, or it will toughen. The dish may be placed before the fire to let the cheese toast before serving. Excellent for luncheon or supper.

CHEESE SALAD.

½ pound of grated cheese,
1 teaspoon of salt,
1 " of sugar,
1 tablespoon of onion or Maille vinegar,
1 tablespoon of olive oil,
1 hard-boiled egg,
½ saltspoon of cayenne,
1 teaspoon of made mustard.

Rub together to a paste the yolk of egg and oil; add, first, salt, then pepper, sugar, mustard; when well mixed, add the cheese. Mix again. Add vinegar. Serve in crab-shells or in small china cases. Eat with biscuits and butter. One cup of cold minced chicken may be added as an improvement. Good for luncheon and supper.

N. B.—The above is considered to have the flavor of crab-salad, and is sometimes called Mock Crab Salad.

SARDINES ON TOAST WITH CHEESE.

Prepare thin slices of crisp, buttered toast. Drain the oil from the sardines; skin and split them. Lay them on the toast. Set in the oven until thoroughly hot, but be careful not to let the toast dry too much. The sardines may first be given a thin coating of grated Parmesan. Serve immediately on a hot-water plate. Good for supper.

DEVILLED BISCUIT WITH CHEESE.

Take some Bent's water crackers, or other water biscuits; split them; butter each half generously; sprinkle over it a layer of cheese; set these in a baking-pan. Dust over with cayenne, and set in a quick oven for about 5 minutes. As soon as the cheese is melted, serve very hot. Excellent for supper.

PLAIN DEVILLED BISCUIT.

Split biscuit as above; butter thickly; season with cayenne; set in a biscuit-pan in a quick oven until nicely browned. Serve immediately for luncheon or supper.

ANCHOVY TOAST.

Make thin, evenly-browned slices of toast, from which remove the crust. Butter thickly; spread lightly with anchovy-paste; set for 1 minute in the open oven and serve immediately on a hot-water plate for luncheon or supper.

INDIAN SANDWICHES.

Prepare thin slices of bread as for toast. Cut them round with a sharp tin cutter. Fry as Croûtons (see receipt). Take some very finely-minced chicken; mix with it an equal quantity of ham or tongue; stir in 2 tablespoonfuls of thick White Sauce (see receipt), in which have been blended curry-powder, and lemon-juice to taste. Warm in a stewpan. Place a spoonful of the mixture between every 2 slices of toast. Arrange on a folded napkin or cut paper and serve hot.

N. B.—The filling should be of the consistency of soft paste; it must not run. Very good for luncheon or supper.

SCOTCH WOODCOCK.

Chop 2 hard-boiled eggs fine; put them into a saucepan with 1 tablespoonful of butter melted with 2 of anchovy sauce. When dissolved, serve on small rounds of buttered toast neatly arranged on a hot-water plate. Do not boil, but heat thoroughly.

BOMBAY TOAST.

Put a large spoonful of butter in a saucepan over boiling water; as it melts, stir in 2 eggs, cayenne, essence of anchovy, and a few chopped capers. Stir until the eggs begin to set. Spread on small rounds of buttered toast. Serve on a hot-water plate as above.

SALTED ALMONDS.

Select the best paper-shelled almonds. Remove the shells. Put them in a bowl. Pour boiling water over them and let stand for 15 or 20 minutes. By that time the skins will slip off easily. Skin them. Lay the almonds on a tin pie-plate without drying them. Sprinkle thickly with salt and turn them over that the salt may touch all sides. Place them in a moderately-hot oven, shaking occasionally, and turning the pan, if one side browns quicker than the other. When golden brown, remove them from the oven. Pick out the almonds and throw aside the extra salt that remains.

Some authorities advocate dipping first in white of egg, then in salt; but experience of this method has shown that the almonds take up too thick a coating of salt to be agreeable.

A great addition to the above receipt is to put 1 teaspoonful of olive oil to 1 cupful of shelled almonds, which have been dried in a cloth. Let each nut receive its coating of the oil; then add about 1 heaping teaspoonful of salt, and finish as above. Almonds prepared according to this last method are delicious.

ORDER OF SERVICE OF A DINNER.

As it does not enter into the plan of the present work to give a list of menus, it may not be amiss to give a general outline of the proper order of service of dinner, (see below) leaving the hostess to select the dishes. One suggestion offered is, that, in the composition of a menu repetition should be avoided; do not allow any two white sauces, or brown sauces, any two fried meats, or fried fish and meat, to follow each other so closely as to be noticeable. It is advisable, also, to select such dishes as the cook is perfectly familiar with; that, when required to give her attention to the entertainment of her guests, the hostess may not be preoccupied with fears of how Bridget may see fit to interpret some new receipt. Again, do not attempt too complicated or lengthy a menu, for it is not quantity which makes a successful dinner, but quality, tasteful arrangement and garnishing, and neat, orderly service.

Form of menu for 6 or 8 persons:

Raw Oysters or Clams.
Soup, such as Consommè or Bisque, etc.
Hors d'Œuvre; Olives, Radishes, Celery.
Fish, such as Sheepshead, Sauce Hollandaise, with Potatoes au Court Bouillon.
1 or 2 Entrées, such as Croquettes, Vol-au-vent, Sweetbreads; or,
Filets Mignons, Salmi, etc., etc.
Vegetable, such as Cauliflower with Tomato Sauce, Celery au Jus, etc.
Roast, such as Saddle of Mutton, with vegetable, such as green peas.
Game and Salad.
Dessert; Ices, Cakes, etc., etc.
Coffee and Liqueurs.

N. B.—Should Game not be used, serve the Salad with the Roast in place of the vegetable there mentioned. Should cheese be used, serve after dessert.

For a dinner of 12 or more persons there may be added to the above a Bouché of some kind after the Hors d Œuvre;

and, if liked, Roman Punch may be served between the Roast and Game. If 2 soups should be required for a large dinner, let one be a clear Consommé or Bouillon, the other a Bisque or Purée. For the family dinner, the above may, of course, be modified according to requirements.

RELISHES FOR BREAKFAST.

The following suggestions are offered as an assistance in ordering breakfast. The receipts will be readily found by reference to the index. The receipts for cooking the various cereals, such as oatmeal, cracked-wheat, etc., are not given, as each package has upon it the directions for its use, which vary so much with the different modes of preparing the same cereals for market, that it has been deemed unwise to fix any rules for them in the present work.

EGGS.

Omelet, Plain,
" with Tomatoes,
" Fine Herbs,
" Asparagus Tips,
" Kidneys and Tomatoes,
" Ham,
" Spanish,
Stirred or Scrambled Eggs,
" with Asparagus Tips,
" with Tomatoes, etc.,

Eggs, Boiled, Soft and Hard,
" Fried,
" " with Bacon,
" Poached,
" à l'Aurore,
" Fried with Ham,
" sur le Plat,
" sur le Plat, Tomato Sauce,
" en Caisses,
" with Smoked Beef, etc.

FISH.

Kippered Herring,
Potomac Roe-Herring,
Yarmouth Bloaters,
Salt Mackerel, Broiled,
Finnan Haddie,
Fish à la Delmonico,
Mock Turbot à la Crême,
" Breakfast Fish,"
Codfish Balls or Croquettes,
Herring Balls,
Coddled Oysters,
Stewed Oysters,

Stewed Clams,
Roasted Clams,
Fried Sea-Bass,
" or Broiled Kingfish,
" Smelt,
" Small White-Fish,
Broiled Mackerel,
" Spanish Mackerel,
" Shad,
" Small Blue-Fish,
Fried Blue-Fish Cutlets,
Oysters en Brochette.

VEGETABLES AND CEREALS.

Broiled Fresh Mushrooms,
Corn Oysters,
Potatoes, Fried in Various Styles,
" Stewed with Cream Sauce,
Potato Hash, Fried,
Cream Potato Hash,
Plain Baked Tomatoes,
Fried Tomatoes,
Fried Samp,
" Hominy,
" Mush,
Boiled Hominy,
" Oatmeal,
Cracked Wheat,
Wheaten Grits,
Cornmeal Mush.

MEATS.

Corn-Beef Croquettes,
" Hash,
Ham Puffs,
Westphalia Croquettes,
Ham Toast,
Tongue Toast,
Soused Pigs' Feet or Pettitoes,
Fried Pigs' Feet,
Broiled Ham,
Fried Ham and Eggs,
" Bacon,
Bacon, Fried in Batter,
Toasted Bacon,
Fried Bacon and Eggs,
Scrapple,
Head-Cheese,
Pork Tenderloins,
" Chops,
Sausages, Fried, or with Fried Apples,
Home-Made Breakfast Sausage,
Mutton, Loin Chops, Broiled,
" Rib Chops, Broiled,
" Cutlets, Broiled,
Lamb Chops,
Veal Chops, Sauté,
Veal Cutlets, Sauté or Fried,
Calfs' Brains au Beurre Noir,
Liver and Bacon,
Liver, Sauté,
Fourchette,
Lambs' Kidneys en Brochette,
" " Broiled,
Beef's " Stewed with Wine.
" " Sauté,
" " Broiled,
Broiled Porter-House Steak,
" Beefsteak with Fried Potatoes.
" " " Plain Baked Tomatoes,
Broiled Beefsteak with Fried Tomatoes
" " à la Shrewsbury, with Broiled Mushrooms,
Broiled Steak, Stewed Mushrooms,
" " Maître d'Hôtel Butter,
" " à la Béarnaise,
Smoked Beef with Cream Sauce,
" " with Eggs,
Turkey Hash,
Chicken Hash,
Cream of Veal,
" of Chicken,
Broiled Chicken,
Boston Brown Hash,
Hash, Browned in a Mould,
Meat Sausages,
Chicken Livers, Sauté.

HOT CAKES, ETC.

Buckwheat Cakes,
Flannel-Cakes and All Kinds of Griddle Cakes,
Sally Lunn,
Virginia Batter Cake,
Muffins of All Kinds,
Crumpets,
Gems of Various Kinds,
Breakfast Puffs,
Laplanders,
Pop-Overs,
Corn-Bread,
Corn Drops,
Johnny Cake,
Hoe-Cake and other Corn Cakes,
Biscuits,
Hot Rolls.
Boston Brown Bread.

EGGS.

EGGS SUR LE PLAT.

ŒUFS SUR LE PLAT.

Butter a fire-proof plate or pie-tin; carefully break upon it as many eggs as it will hold side by side. Sprinkle with pepper and salt. Put in the oven until the white is set, about 5 minutes. To make more perfect, heat the kitchen shovel red-hot and hold it close over the eggs for a few seconds, until the yolks also are slightly set, then serve immediately. They must not stand. If preferred, sift grated cheese over the top. This makes a nice dish for luncheon.

EGGS SUR LE PLAT WITH HAM.

ŒUFS SUR LE PLAT AU JAMBON.

Lay a few thin slices of ham on a plate as above; set it in the oven or on top of the range to heat through; then break the eggs upon it, and finish as above.

EGGS SUR LE PLAT WITH ASPARAGUS TIPS.

ŒUFS SUR LE PLAT, POINTES D'ASPERGES.

Cover the bottom of the buttered plate (see above) with stewed Asparagus Tips (see receipt); heat; then break in the eggs and finish as above,

EGGS SUR LE PLAT, TOMATO SAUCE.

ŒUFS SUR LE PLAT, SAUCE TOMATE.

Having prepared the eggs as for Eggs sur le Plat, have ready heated a rich Tomato Sauce, which pour over the eggs. Set in the oven 1 minute, and serve very hot.

N.B.—The eggs must be set firm, as described, before the sauce is added.

EGGS À LA TRIPE.

ŒUFS À LA TRIPE.

Boil the number of eggs required as directed for Hard-boiled Eggs. When cold, cut in quarters. Prepare a sauce as follows: Stew 1 chopped onion in 1 tablespoonful of butter gently, until tender; add salt and pepper, 1 heaping teaspoonful of flour blended with 1 cup of cream or rich milk, a pinch of nutmeg, and a pinch of sugar. Boil gently for 5 minutes, stirring continually. When thick and smooth, pour the sauce over the eggs, and serve very hot.

PLAIN OMELET.

OMELETTE.

3 eggs, 2 tablespoons of milk,
¼ teaspoon of flour, Salt and pepper,
Butter size of a pigeon's egg.

Separate the yolks and whites of eggs. Beat the yolks smooth; then add to them milk, pepper and salt, and pinch of flour; beat to a cream. Now beat the whites to a stiff froth; then beat together the whites and yolks until perfectly smooth and not too frothy. Have the butter melted in a very smooth, medium-sized frying-pan, which should be hot but not scorching. Pour in the mixture; let it stand a minute or two; then loosen the edges with a knife; shake the pan occasionally to prevent sticking. Then draw the pan a little aside, where it will cook more slowly.

When the edges seem to be quite set, the pan with the omelet may be put into the oven for about 1 minute to set the centre, but this is not indispensable. Now fold the omelet in 2 or 3, making it long and narrow. Turn a hot dish downward over the omelet; with a quick movement turn both pan and dish over; garnish the omelet with parsley and serve *immediately*, or it will fall. The chief points in making a good omelet are these: The eggs should be perfectly fresh, the pan perfectly smooth, not too hot, and well-greased on bottom and sides with butter; the heat of the fire should be so managed as to neither scorch the outside by too quick a heat, before the centre is cooked, nor make it tough and leathery by too little heat. A successfully-made omelet should always be slightly "fluffy" in the centre, but must be more flaky than fluffy through the rest; therefore, beat the yolks and whites well together before cooking; last, but not least, serve it the moment it is done.

OMELET WITH TOMATO SAUCE.

OMELETTE, SAUCE TOMATE.

Make a Plain Omelet, or, Parsley Omelet (see receipts). Prepare a rich Tomato Sauce (see receipt). Pour the sauce around, not over, the omelet. Serve *immediately*.

HAM OMELET.

OMELETTE AU JAMBON.

3 eggs,
¼ teaspoon of flour,
½ " " grated onion, or
1 tablespoon of chopped chives,
2 tablespoons of milk,
2 " " chopped ham,
1 tablespoon of chopped parsley,
Salt and pepper to taste.

Beat the yolks to a cream. Add to them all the other ingredients. Mix smooth. Add whites beaten to a froth. Beat all well together. Melt 1 teaspoonful of butter in a medium-sized pan. When hot, pour in the mixture. Finish like Plain Omelet (see receipt).

CREOLE OMELET.

TORTILLA.

Ham Omelet, 6 Baked Tomatoes (see receipt).

Make the Ham Omelet according to receipt. Have ready the tomatoes, which should be of uniform size. Garnish the omelet with these and serve *immediately.*

TOMATO OMELET.

OMELETTE AUX TOMATES.

Parsley Omelet, Stewed tomatoes.

Make a Parsley Omelet as directed; have ready about 2 gills of thick, fruity, stewed tomatoes, highly seasoned. When the omelet is cooked, pour the tomatoes across the centre; fold and serve (see Plain Omelet). If you have no stewed tomatoes at hand, peel and cut some raw; put them in a frying-pan with a lump of butter and cook over a very quick fire for about 15 minutes. Season and finish as above.

OYSTER OMELET.

OMELETTE AUX HUÎTRES.

12 large or equal bulk of small oysters,
4 tablespoons of butter,
1 tablespoon of flour,
1 teaspoon of chopped parsley,
6 eggs,
1 gill of milk,
Pepper,
Salt.

Fry the oysters, after drying them thoroughly in a cloth, in very hot butter until slightly browned. Keep them hot while you prepare the omelet. Beat the yolks and whites of the eggs separately. To the yolks add parsley, salt, pepper, milk, and flour, beating very smooth. Melt 1 tablespoonful of butter and beat that into the eggs. Meanwhile have the omelet-pan (a large one for the above quantity), heating on the fire with 2 tablespoonfuls of butter. Do not let the pan get too hot. Do not allow the butter to

fry, simply to heat quietly. Now beat the whites vigorously into the yolks; beat until thoroughly mixed and quite smooth. Pour the mixture into the pan, which must be placed where it will have an even, steady, but not too intense heat. Detach the edges of the omelet with a knife. When set firm enough, lay the hot oysters across the centre; fold the omelet; dish, and serve *immediately*.

SARDINE OMELET.

OMELETTE AUX SARDINES.

4 or 6 sardines, Plain Omelet.

Skin the sardines; put them in a saucepan on the side of the fire. They may be divided into 4 or more pieces each, according to size. Warm very carefully but thoroughly. When the Plain Omelet (see receipt) is set, lay the sardines across the centre, fold it, and serve *immediately* as directed.

WHITEBAIT OMELET.

¼ pound of whitebait, Plain Omelet.

Prepare the Whitebait as directed (see receipt). Prepare a Plain Omelet (see receipt). When the latter is set, lay the fish across the centre, fold the omelet over, and serve as directed. *Or*, cook the whitebait (or use those already cooked from the day before); beat them in with the yolks of eggs; mix in the whites, and finish as directed. The fish should be seasoned with salt and cayenne.

PARSLEY OMELET.

OMELETTE AU PERSIL.

Plain Omelet (see receipt), 1 tablespoon of chopped parsley.

Mix the parsley with the yolks; add whites, and finish as directed.

OMELETTE AUX FINES HERBES.

Plain Omelet (see receipt),
1 tablespoon of parsley, chopped very fine,
1 tablespoon of chives, chopped very fine,
1 tablespoon of chervil, chopped very fine.

Mix the herbs with the yolks; add the beaten whites, and finish as directed.

BREAD OMELET.

OMELETTE AU PAIN.

3 eggs,
1 gill of bread-crumbs,
Butter the size of a walnut,
¼ teaspoon of salt,
1 gill of milk,
Pepper to taste.

Beat the whites and yolks apart. Add to the yolks the milk, salt, pepper, and crumbs. Mix. Beat into this the whites; mix thoroughly. Melt the butter in a very smooth frying-pan. When hot, pour in the eggs. In a minute or two loosen the edges with a knife. When slightly firm, place the pan in the oven for 1 minute to set the centre. Be careful not to let it harden. Fold it in 2 or 3, and dish as directed. Serve *immediately* or it will fall. Economical and good. For detailed directions see Plain Omelet.

POTATO OMELET.

OMELETTE AUX POMMES DE TERRE.

2 boiled potatoes, chopped fine,
2 tablespoons of butter,
1 tablespoon of chopped parsley,
¼ teaspoon of flour,
3 eggs,
Pepper and salt,
1 tablespoon of milk.

The potatoes should be boiled with their skins on, and not peeled until cold. Melt 1 tablespoonful of butter in a frying-pan; turn in the potatoes; turn with a flat knife until nicely browned; add parsley, pepper, and salt, and set on one side to keep hot while you make a Plain Omelet

(see receipt). When the eggs are slightly set, sprinkle in the potatoes, and fold. Serve *immediately;* an omelet must never stand.

SPANISH OMELET.

OMELETTE À L'ESPAGNOLE.

6 eggs,
3 tablespoons of milk,
¼ pound of bacon, cut fine,
Butter the size of a walnut,
1 small onion or half-clove of garlic,
1 medium-sized tomato,
½ teaspoon of flour,
5 mushrooms, chopped.
Pepper and salt.

Fry the bacon brown; add to it tomato, mushrooms chopped not too fine, and the onion or garlic chopped very fine; stir over the fire for 15 minutes. Break the eggs whites and yolks apart. Beat the yolks and add to them salt, pepper, flour, and milk. Add lastly the whites, and beat until smooth. Melt the butter in a smooth frying-pan; when hot, pour in the eggs; in a minute or two, loosen the edges with a knife. When nearly set, pour in the tomato mixture; fold over, and dish on a hot platter. Serve *immediately.* For detailed directions see receipt for Plain Omelet.

ONION OMELET.

OMELETTE À L'OGNON.

Plain Omelet (see receipt),
1 tablespoon of butter,
1 large onion, minced fine.

Stew the onion in butter until tender. Mix the omelet as directed; pour it into the pan with the onion; stir once to mix, and finish as above.

CHEESE OMELET.

OMELETTE AU FROMAGE.

Plain Omelet (see receipt),
¼ cup cream or rich milk,
¾ cup of grated cheese.

Mix the cheese with the cream; stir smooth quickly. Add these to the yolks; season with pepper and salt to taste; add whites and finish as directed.

KIDNEY OMELET.

OMELETTE AUX ROGNONS, SAUCE TOMATE.

Plain Omelet (see receipt), Stewed Kidney (see receipt),
Tomato Sauce (see receipt).

The kidneys should be very carefully stewed to be tender, and wine should be added. When the omelet is ready to fold, lay the kidneys across the centre; fold; dish. Pour over and around a thick, rich Tomato Sauce, to which must be added the remaining gravy of the kidneys, and a little more wine if necessary. Serve *immediately.* Recommended.

TRUFFLE OMELET.

OMELETTE AUX TRUFFES.

Make a Plain Omelet (see receipt). Slice the truffles; heat them very carefully with butter and a very little white wine or sherry. When the omelet is ready to fold, place these in a row across the centre; fold; dish, and serve *immediately.*

MUSHROOM OMELET.

OMELETTE AUX CHAMPIGNONS.

Stew fresh mushrooms (see receipt). Make a Plain Omelet (see receipt). When it is ready to fold, place the mushrooms across the centre; fold and dish. Pour the mushroom sauce over, and serve *immediately.*

RUM OMELET.

OMELETTE AU RHUM.

Plain Omelet (see receipt), 1 gill of Jamaica rum,
Powdered sugar.

Omit pepper and add a pinch of salt and a little sugar to the yolks, milk, and flour. Beat together whites and yolks, but not as much as for an ordinary omelet. When cooked as directed, put it on a dish which can be set in the oven; cover with powdered sugar; add a little of the rum, and set

it in the oven for 2 minutes. Take it out; add the rest of the rum; set fire to it with a match, and serve while blazing. If it is heated with the rum it will burn for a few minutes longer. Excellent.

OMELET WITH SWEETMEATS.

OMELETTE AUX CONFITURES.

Plain Omelet (see receipt), 2 gills of preserves.

Make the omelet as directed, omitting pepper and adding a pinch of salt and a little powdered sugar to the yolks. When ready to fold, spread the preserves in a row across the centre; fold and dish. Sprinkle with powdered sugar. Heat the kitchen poker red-hot, and hold it diagonally across the top of the omelet in 3 places, for an instant. This burns the sugar and gives to the omelet the appearance of having been broiled. Peach marmalade, strawberry preserves, or plum jam are best for the purpose. Excellent.

TO BOIL EGGS.

ŒUFS À LA COQUE.

Put your eggs in a bowl which can be sent to table. When the kettle is boiling, pour the boiling water over the eggs. It is essential that the water should be boiling. Stand for 5 minutes. Drain. Add more boiling water. Let stand again 5 minutes and serve.

This way of boiling eggs, though so simple, is going out of fashion in these days; unfortunately, as it makes a wonderful difference, not only in the appearance of the egg when broken open, but, above all, in its digestibility. For the use of invalids, eggs should never be boiled in any other way.

SMOKED BEEF AND EGGS.

1 cup of smoked beef, 1 teaspoonful of chopped parsley,
6 eggs.

Put the beef in a frying-pan with boiling water to cover; scald 5 minutes. Throw off the water; add a small lump of butter. Break the eggs, meanwhile, into a bowl; beat until

smooth; add 1 tablespoonful of milk, a dash of pepper, and pour the eggs into the pan with the beef and butter. Stir them over a moderately-hot fire, always scraping the egg from the bottom of the pan. Remove the pan from the fire a little before it is firm enough, and continue to scrape the egg from the bottom, as it will continue to harden. Serve for breakfast.

BAKED EGGS.

ŒUFS FARCIS.

6 eggs, boiled,
2 tablespoons of finely-chopped chicken,
2 mushrooms, chopped,
1 tablespoon of finely-chopped parsley,
1 egg, raw,
⅛ teaspoon of ground mace,
Salt and pepper,
1 large slice of ham.

Boil the Eggs Hard as described (see receipt). When cold, cut in half, crosswise. Remove a little slice from the bottom to make them stand. Take out the yolks; rub them smooth and add to them chicken, mushrooms, parsley, and seasonings, mixing well. Fill the whites with this, rounding up the tops. Brush with the yolk of the raw egg and set in the oven to brown. Cut a thin slice of boiled ham; heat it in the frying-pan; divide it into 12 small squares. When the tops of the eggs are browned, set them on a hot dish with a piece of ham under each. Pour Cream Sauce (see receipt) around, not over, the eggs, and serve very hot. A pretty dish for luncheon.

TO BOIL EGGS HARD.

If to eat plain boiled, put the eggs into a saucepan of boiling water and boil from 6 to 10 minutes. If they are to be dressed and served cut in sections, they should be put into a saucepan of boiling water and boiled rapidly for 25 minutes; throw the water off then, and allow cold water to run over them 2 or 3 minutes; then set aside in fresh cold water 20 or 30 minutes. If managed in this way, the whites will not break as easily, nor the yolks crumble as much, when cut. To remove the shells, roll them gently on the table until the shell is cracked closely all over; then you can draw off skin, shell and all, without marring the surface of the egg.

POACHED EGGS.

ŒUFS POCHÉS.

Put boiling water into a frying-pan with salt and 1 tablespoonful of vinegar. Bring to a boil. Have ready rounds of toast nicely trimmed and buttered. Break the eggs, 1 by 1, into a saucer; when the water is boiling hard, draw the frying-pan aside; drop in the eggs; set the pan where it will *simmer* very gently, until the eggs are set firm; pour some of the boiling water with a spoon over the yolk of each egg, just enough to make a thin film of white. When set firm, remove with a skimmer, putting 1 egg on each slice of toast. Trim off the ragged edges; sprinkle a dash of pepper on the very centre of each egg, and serve very hot. Do not let them stand.

N. B.—Do not let the water boil *while* the eggs are cooking, or they will be broken and ragged.

POACHED EGGS, WITH ANCHOVY TOAST.

ŒUFS AUX ANCHOIS.

Make six rounds of buttered toast. Spread each lightly with anchovy paste, and set on a hot dish in the mouth of the oven. Poach six eggs as described above. Place an egg on each piece of toast; pepper the top, and serve very hot.

EGGS AU BEURRE NOIR.

ŒUFS AU BEURRE NOIR.

Melt 1 large tablespoonful of butter in the frying-pan. Break the eggs, 1 by 1, on a saucer, and, when the butter is hot, slip them into the pan. When the whites are nearly set, baste the eggs with a little of the hot butter. Sprinkle with salt and pepper. Put the eggs on a hot dish. Set the pan on the hot fire, and, when the butter is browned, add a large tablespoonful of vinegar. Boil up once and pour over the eggs. Serve very hot. If there is not enough butter in the pan after the eggs are cooked, add a tablespoonful; let it fry brown, then add the vinegar as above.

HAM AND EGGS.

ŒUFS AU JAMBON.

The ham for this should be previously boiled. Cut slices of medium thickness, 1 for each egg; lay the ham in a hot frying-pan; fry for 2 or 3 minutes on each side, until the fat is transparent, then lay it on a hot platter. Break the eggs, 1 by 1, into a saucer. Put each into the frying-pan and fry until the white is quite set. The fat of the ham is generally sufficient for frying the eggs; if not, add a lump of butter. Remove the eggs; lay each on a separate piece of ham. If the eggs merge into each other in the pan, cut them neatly apart with the edge of the cake-turner. Serve hot. This is a national dish of Holland.

FRIED EGGS.

ŒUFS FRITS.

Proceed as above, omitting the ham and using enough butter to grease the pan thoroughly.

EGGS À L'AURORE.

ŒUFS À L'AURORE.

8 eggs,
1 tablespoon of chopped parsley,
Salt,
1 tablespoon of chopped chives,
1 pint of Cream Sauce,
Pepper.

Put the eggs into boiling water, and let them boil rapidly 25 minutes. Drain; let the cold water run on them a few minutes; then cover with cold water and set aside 20 to 30 minutes. Have ready the Cream Sauce (see receipt); stir into it parsley, chives, pepper, and salt. Now cut the eggs in quarters lengthwise; remove the yolks, which you throw into a coarse sieve. Place the whites on a platter, making an even row all round near the edge, with the points turned outward and upward; fill in the centre in the same way. Pour the hot cream sauce over these, covering all except

the outer half of the row of whites on the edge of the dish. Now, with a potato-masher, rub the yolks through the sieve, scattering them evenly all over the sauce, still leaving visible the points of the whites. Have ready on the fire a pot of boiling water; stand the dish of eggs over this for about 5 minutes till well-heated again. Serve. If it has been done quickly, the sauce will not have had time to cool, and the eggs will soon warm. If you have a double dish with a hot-water compartment, use it for the above. This will be found not only delicious, but very pleasing to the eye, and most simple to make.

CURRIED EGGS.

ŒUFS AU KARI.

8 hard-boiled eggs (see receipt),
1 pint of Cream Sauce (see receipt),
1 teaspoon of chopped parsley,
Salt and pepper,
1 teaspoon of curry-powder,
1 " " chopped chives.

When the cream sauce is prepared, blend and stir into it the curry-powder; then add parsley, chives, salt, and pepper. Keep it hot over boiling water, while you prepare the eggs. Having already boiled the eggs, cut them in halves; lay them in a deep dish; pour over them the sauce. Cover. Set the dish over boiling water for 10 minutes, until the eggs are thoroughly heated, and serve.

STIRRED OR SCRAMBLED EGGS.

ŒUFS BROUILLÉS.

Break the eggs into a bowl; beat them thoroughly together; add a teaspoonful of cream to each egg; season with pepper and salt. Have ready a saucepan with melted butter. Do not cook over too hot a fire. Pour in the eggs; stir and scrape from the bottom of the saucepan without ceasing, until as thick as batter. Remove. Continue to stir for a few moments after removing from the fire, as they will harden. Serve on buttered toast.

STIRRED EGGS WITH TOMATOES.

ŒUFS BROUILLÉS AUX TOMATES.

Proceed as above, omitting the cream and adding 1 large tablespoonful of the fruity part of stewed tomatoes to each egg; pepper, salt, and a pinch of chopped parsley. Finish as above. Delicious.

EGGS EN MATELOTE.

ŒUFS EN MATELOTE.

6 eggs, 6 slices of toast,
Matelote Sauce (see receipt).

Have ready 6 rounds of buttered toast. Bring the sauce to a boil. Break the eggs into a saucer 1 by 1, and poach in the sauce. Draw the saucepan aside where it will only simmer gently while the eggs are cooking. Remove with a skimmer; put one egg on each slice of toast. Let the sauce boil up again; add more wine and a little thickening, about 1 teaspoonful of butter rubbed up with 2 of flour. Stir and boil 3 minutes. Pour over the eggs and serve.

TRUFFLED EGGS AU JUS.

ŒUFS TRUFFÉS AU JUS.

6 eggs,
3 truffles,
3 gills of Jus (see Brown Gravy),
1 gill of rich cream or milk,
Salt and pepper,
Butter.

Use only the best truffles. Chop not too fine. Break the eggs into a bowl and beat until whites and yolks are well mixed. Add a scant gill of cream; salt and pepper to taste. Melt 1 tablespoonful of butter in a saucepan. Pour in the eggs and stir over a slow fire without ceasing until beginning to thicken. Keep the eggs scraped from the bottom of the saucepan or your dish will be spoiled. At this point, stir in the truffles. Continue to stir the eggs until as thick as batter; then remove from the fire, as they will harden a little afterward. Stir for a moment. Dish

on a round entrée dish. Have ready a very rich gravy. It must have no thickening but its own concentrated strength and richness. If the Jus is not obtainable, boil down consommé until it reaches the required degree of strength and richness. Pour it around, not over, the eggs, and serve. This is a delicious and appetizing dish for luncheon.

EGGS WITH MUSHROOMS.

ŒUFS AUX CHAMPIGNONS.

May be cooked as above, using mushrooms instead of truffles, and their sauce instead of the *jus*, the mushrooms having been previously stewed (see receipt).

EGG-FONDU.

FONDU AU FROMAGE.

6 eggs,
4 heaping tablespoons of grated cheese,
1 tablespoon of butter,
¼ teaspoon of salt,
Cayenne,
1 gill of rich milk.

Beat the eggs together until light; add salt, pepper, grated cheese, and a scant gill of cream or new milk. Melt the butter in a frying-pan. When hot, pour in the eggs and stir until smooth and as thick as batter. Serve *immediately* on buttered toast.

BACON AND EGGS.

Proceed as for Ham and Eggs (see receipt).

EGGS AUX POINTES D'ASPERGES.

ŒUFS AUX POINTES D'ASPERGES.

2 gills of cold asparagus-tips,
2 tablespoons of milk,
2 teaspoons of butter,
4 eggs,
Salt and pepper,
Buttered toast.

Having boiled the asparagus-tips (see receipt), put them into a saucepan with the butter, salt, and pepper, and heat slowly. Break the eggs into a bowl, and beat until well

mixed. Add the milk, salt, and pepper. Melt 1 teaspoonful of butter in a frying-pan. When hot, pour in the eggs and stir until almost, but not quite, set (as thick as batter). Turn in the asparagus-tips and stir only just enough to mix without breaking the tips. Scrape the eggs from the bottom of the pan; remove from the fire before the eggs are quite firm, and continue to stir for a few moments, as they will harden a little. Serve very hot on buttered toast.

EGGS EN CAISSES.

ŒUFS EN CAISSES.

Use small soufflé-cases, or small casseroles with 3 legs and a handle, which are made expressly for eggs. Butter the inside; half-fill with bread-crumbs, browned in butter, seasoned with pepper, salt, and chopped parsley. Break an egg into each case; set in the oven for 5 minutes, or until *half-firm;* or, set in a pan of boiling water on the top of the range. The water should reach only ½ the height of the cases. Do not let the eggs cook until hard.

STIRRED EGGS À L'INDIENNE.

ŒUFS BROUILLÉS, À L'INDIENNE.

1 small onion, chopped fine,
1 teaspoon of curry-powder,
6 eggs,
5 ounces of butter,
Pepper and salt,
4 tablespoons of cream.

Fry the onion golden brown in 1 ounce of butter. Stir in the curry-powder. Stir and set aside. Break the eggs into a bowl; beat until smooth. Add the cream. Melt 4 ounces of butter in a saucepan; pour in the eggs and cream, then the onion and curry. Stir, and scrape from the bottom of the saucepan until as thick as batter. Remove from the fire before the egg hardens too much, and continue to stir for a few moments. Serve very hot on rounds of buttered toast. Boiled rice should be served at the same time.

FRICASSÉED EGGS.

ŒUFS À LA POULETTE.

1 pint of Cream Sauce (see receipt),
1 teaspoon of parsley, chopped fine,
1 teaspoon of chives, chopped fine,
8 hard-boiled eggs (see receipt).

Add the herbs to the sauce; season with salt and pepper. Lay the eggs, cut lengthwise in ½, in a deep dish; pour the sauce over; set for 10 minutes over a pot of boiling water, and serve immediately.

STUFFED EGGS WITH MAYONNAISE SAUCE.

ŒUFS FARCIS, SAUCE MAYONNAISE.

6 hard-boiled eggs (see receipt),
1 small cup of stale bread-crumbs,
1 tablespoon of Parmesan, grated,
Chives and parsley, chopped,
1 gill of milk,
Cayenne,
1 teaspoon of butter,
Salt and pepper.

Having boiled the eggs as directed, when quite cold, remove the shells very carefully, and, with a sharp knife, cut in two, lengthwise. Rub the yolks to a powder and mix with an equal bulk of bread-crumbs. Add all the other ingredients, and mix. If too dry, moisten with a little milk. Season highly with cayenne. If you have no chives, use grated onion to taste. Fill the 12 shells with the mixture, rounding up the top. Set upon a tin in the oven for about 5 minutes, until delicately browned. Set away to get cold, and serve with Mayonnaise or Tartare Sauce; or serve hot with Tomato Sauce (see receipts). Minced chicken may be substituted for part of the bread-crumbs.

EGGS IN A NEST.

Having stuffed the eggs as above, serve them hot on a neatly-arranged bed of Spinach (see receipt).

EGGS À LA VALENCIENNE.

ŒUFS À LA VALENCIENNE.

2 gills of boiled rice,
2 mushrooms, chopped,
1 truffle, "
2 tablespoons of grated Parmesan,
2 gills of tomato sauce,
½ teaspoon of salt,
Pepper,
Pinch of grated nutmeg.

Put into a saucepan the rice, Tomato Sauce (see receipt), mushrooms, truffle, cheese, pepper, salt, and nutmeg. Stir over the fire for 5 minutes. Set aside over boiling water until required. Prepare 8 eggs as directed for Eggs sur le Plat (see receipt). When the eggs are cooked, arrange the rice, etc., in 4 parts, 1 at either end and 1 at either side. Serve very hot.

EGGS À L'ANDALOUSE.

ŒUFS À L'ANDALOUSE.

1 pint of Tomato Sauce (see receipt),
2 sweet peppers, peeled and chopped,
6 poached eggs,
1 tablespoon of butter,
1 teaspoon of chopped chives,
6 slices of toast.

Fry the chopped peppers in butter; add them to the tomato sauce with the chives; let the sauce boil briskly for about 10 minutes, being careful not to scorch it. Have ready 6 rounds of toast on which lay the 6 Poached Eggs (see receipt). Pour the sauce over all and serve *immediately.*

OMELET WITH CHICKEN LIVERS SAUTÉ.

OMELETTE AUX FOIES DE VOLAILLES.

Prepare chicken livers (see receipt for Chicken Livers Sauté); set aside to keep warm while you prepare a Parsley Omelet (see receipt). When the omelet is set, lay the chicken livers across the centre; fold the omelet over and serve.

EGGS WITH TOMATO SAUCE.

ŒUFS, SAUCE TOMATE.

Boil 6 eggs hard as directed (see receipt); cut them lengthwise in ½. Have ready a rich Tomato Sauce (see receipt). Lay the eggs in the dish; pour the tomato sauce over them. Cover the dish, and set it over a kettle of boiling water for 15 or 20 minutes, and serve.

EGGS WITH CELERY.

ŒUFS AU CÉLERI.

Prepare a Celery Sauce (see receipt). Poach 6 fresh eggs: arrange them on 6 rounds of buttered toast in a circle on a hot dish, and pour the celery sauce in the centre. Serve very hot.

N. B.—The celery sauce used should be blended with cream sauce or with pure cream.

BUTTER, CHEESE, ETC.

BUTTER.

The golden rule of good butter-making is: Keep all your utensils absolutely clean and pure; do not spare time or trouble in the attainment of this primary necessity. The milk pans should shine like silver, and be kept airing and sunning until required for use. Before straining the milk into the pan, first scald, then rinse the pan in cold water. It need not be wiped after this last. The milk should be strained into the pan just as soon as possible after the milking; it should not stand in the kettle. The cream should be allowed to stand in the pan 24 hours before skimming, if possible, as it will be firmer and richer, but may be skimmed, if the milk is required for use, after 12 hours; however, leave it as long as you can afford to. Skim it into a sweet, clean, scalded, and rinsed *crock*, not into any tin vessel. Do not cover the crock unless with an inverted sieve. It must have air. Keep the crock in a cold place. In summer, churn, if possible, every second day; every third day at the longest. While you are preparing your churning apparatus, take the cream from the ice (unless the weather is intensely warm) and set it where it will attain a temperature of about 65°. If you have no thermometer for the purpose, you can soon learn to know by the feeling, if you put your finger into the cream. It should feel neither cold nor yet even mildly warm. Have the churn, like every thing else about the butter, the very essence of cleanliness. Scald it first thoroughly, as also the butter-paddle and bowl. This swells the wood and prevents the grease from getting into the pores. Then throw the boil-

ing water out and rinse with cold water until it feels perfectly cold to the touch. Empty out the cold water; turn in the cream; close the cover (if a revolving churn) and turn the crank moderately-quickly. The warmer the weather, the slower should be the churning. If churned too rapidly, the butter will be oily; if too slowly, it will take a very long time to come. With the cream at 65° or 68°, the churn well cooled, and proper rate of turning, the butter should separate from the milk, or "crack," in 20 minutes. Then churn *very* slowly for a few minutes more, until it gathers in little balls as large as a good-sized marble; then swing the dasher back and forth until the butter gathers in one or two large lumps. Do not work at it too much or it will get soft and the texture be spoiled. Draw out the bung and let off the buttermilk into a pail. Put back the bung and fill the churn up to the crank with iced or very cold spring water. Turn very slowly until the milk is quite thoroughly washed out of the butter. Remove the bung and draw off this water. Remove the crank and dasher. Then lift out the butter, which you place in the wooden bowl, which has been prepared as directed. If the butter appears to retain any milk, work it once in a little very cold water; sprinkle with dairy salt, about 1 saltspoonful to 1 lb.; work this in a little and set the whole thing in the ice for 2 or 3 hours. Then it may be worked once more with a little more salt to taste, made into pats, and set away in the ice-box for use.

Too much working will make the butter oily and destroy its texture, as well as its flavor. Unless it is to be packed to keep, there is no object in much working or washing. Washing once or twice after it is churned is all that is required. Some butter-makers use as many as 4 changes of water, and in many cases wash out flavor as well as buttermilk.

N. B.—If the butter is inclined to oil, and not crack, from the high temperature of the weather or from too rapid churning, put in a lump of ice and a pinch of salt. It is a good plan, in hot weather, when the "pin-heads" begin to appear, to throw in about ½ a pint of very cold water.

If, on the other hand, the weather is cold and the butter will not gather, but remains in "pin-heads," you will be obliged to throw in a little boiling water and churn more rapidly. But the necessity for this should be avoided by raising the cream to the proper temperature before beginning. This can be accomplished in cold weather by standing the crock in a large pan, pouring boiling water around it, and letting it stand until ready. The use of hot water later in the churn to gather the butter, tends to render it white and tasteless.

The above directions are for the crank or "Rose" churn, which is recommended, instead of the old-fashioned churn, as being far less fatiguing.

BONNY CLABBER.

Fill a glass dish with whole or skimmed milk that is 24 hours old. Set it in a rather warm place, that is, *not* on the ice (from 75° to 80°), and let it stand until the milk becomes perfectly firm. Then set in the ice-box until very cold, and serve before it gets to the point of "cracking," that is, the point where the curd and whey separate. The time for this cannot be specified definitely, as it depends upon the weather and atmosphere, a warm day or a thunder-storm serving to lobber the milk more rapidly. Serve very cold with cream, sugar, and grated nutmeg to taste.

COTTAGE CHEESE OR SCHMIER-KÄSE.

The milk for this purpose may be skimmed or whole. Let it stand off the ice in a bowl or pan until it forms *by itself* a firm curd. This will take from 24 to 48 hours (or even more) according to the weather. If this latter is cool, the milk may be placed in a warm corner of the kitchen; but *on no account* set it on the range, as is so often done, to the great detriment of the cheese. When it has formed a firm curd, and begins to "crack," as above described, pour it into a coarse muslin or cheese-cloth bag. Tie the top together with a strong

twine and suspend the bag (if in the country) from the limb of a tree, in the shade. Place a pan underneath to catch the whey; let it hang until the whey ceases to drip—no longer. Take a portion of the cheese; rub it up with a generous lump of fresh butter, a little salt, and sufficient thick, sweet cream to make it soft. Serve very cold, with a pitcher of cream, and salt or sugar, according to taste. There are perforated tin-moulds made for draining this cheese, which are also very good. The curds should be left in the mould until all the whey is drained off, and may then be turned out in shape. Mix with cream only as much of the cheese as will be used at one time, leaving the remainder on the ice; otherwise the cream might become sour and spoil the sweetness of the cheese.

N. B.—Observe particularly that the milk *must not be scalded* to form the curd, or the cheese will be first leathery, then dry and grainy; in short, not a success.

BREAD, BISCUITS, AND BREAKFAST-CAKES.

YEAST.

4 large potatoes,
1 gill of sugar,
1 cup of good yeast,
1 quart of boiling water,
2 tablespoons of salt.

Peel the potatoes; let them lie in cold water 30 minutes. Have ready the boiling water in a saucepan. Grate the potatoes quickly; stir them in the boiling water over the fire for 5 minutes. Remove, and add the sugar and salt. Turn into a bowl and set aside until lukewarm; then add the yeast; cover and ferment 3 or 4 hours. Every time it rises to the top of the bowl, stir it down. Bottle it; cork tightly and set in a cool, but not freezing place. It will keep for 2 weeks. Save 1 cupful to start with next time.

NOTE NO. I.

One cupful of yeast is equal to 1 cake of compressed yeast.

NOTE NO. II.

Always grease the tins for bread and cake with lard; butter blackens the outside of the loaf.

BREAD.

1 cake of Fleischman's yeast,
1 tablespoonful of sugar,
1 " " salt,
Sifted flour to make a soft dough,
2 quarts of warm water (or half scalded milk),
Butter or lard, the size of an egg.

Dissolve the yeast-cake thoroughly in a little of the lukewarm water; mix into this all the ingredients overnight.

Set in a sheltered corner; cover with a cloth. Next morning knead well once for 15 minutes, adding only enough flour to keep from sticking to your fingers. Mould into loaves and put into greased pans. The pans should not be more than ½-full. Set again in a sheltered corner and cover. In 1 or 2 hours, when it is raised to at least twice its bulk, bake for about 45 minutes (for medium-sized loaves), turning the loaves, when firmly set, so that all sides may brown alike. Avoid letting any draught blow on the dough while raising, shutting any window that may be near. It must be kept in a moderately-warm, even temperature. The oven must be not too quick, and very steady. The above receipt, if followed literally, will be found excellent.

N. B.—If milk is used with the warm water, watch that it does not become sour in warm weather. It is a good plan, in this case, to mix about ¼ of a teaspoonful of soda with a few drops of boiling water, and, when lukewarm, to work it into the dough while kneading. For raising, the temperature should be from 90° to 95°.

BRAN BREAD.

To the receipt for Bread, add, when kneading, 1 gill of strained molasses and 2 handfuls of clean bran. Omit the sugar, and raise very light. Finish as above.

RYE BREAD.

Make the wheat-sponge as directed in receipt for Bread. Set it overnight. The next morning, work in just enough rye-meal to prevent the dough from sticking to the hands. Knead it well, and finish according to the same receipt. Rye bread is never as light as wheat, but is wholesome as a variety. This is the kind of bread that should be cut very thin, buttered, and put together in tartines, to be served with whitebait or with raw oysters. This last is a European custom which we may adopt with advantage.

GRAHAM BREAD.

Mix a wheat-sponge as directed in receipt for Bread. Set it overnight. Next morning, work in 4 tablespoonfuls of molasses and sufficient Graham flour to make a dough a little softer than wheat bread. As Graham bread sours very easily, it is best to set the sponge without milk; watch it carefully when formed into loaves and set to rise, and just as soon as it is light, put it into the oven. Finish as directed.

GLUTEN BREAD.

1 cake of Fleischman's yeast, 1 quart of lukewarm water,
½ tablespoon of salt, Gluten-flour, for stiff dough, about 2 pounds.

Melt the yeast thoroughly in the warm water; add salt. Work in the flour by degrees. Set in a warm, sheltered corner. Cover. When raised to at least twice its bulk, knead the dough very thoroughly for 10 to 15 minutes. Mould the loaves not larger than ½ the size of the pans. Put into greased pans and raise as before. Bake in a steady, moderately-hot oven. When the loaves are firm, say in about 20 minutes, turn and brown them evenly on all sides. They will be done in about 45 minutes, according to the oven.

BREAD ROLLS.

Having made wheat Bread according to receipt, take a piece of dough the size of an ordinary loaf; knead it about twice as long as directed for the bread; form it into even, small balls and place in greased gem-pans. Cover and set in a warm corner until risen very light, a little more than twice their original bulk, then bake in a moderately-quick oven for about 20 to 25 minutes. Watch and turn them that they may brown evenly.

Or, having rolled the dough as directed above, place the balls side by side in a pie-tin; raise very light, as directed; bake, and serve without breaking apart. They should be eaten hot; and broken, not cut with a knife. This makes a very pretty loaf.

BREAD PUFFS.

Take the value of 1 loaf of risen bread-dough. When very light, have ready boiling some deep lard in a kettle. Pull out some of the dough quite thin; cut it in 2-inch lengths. Throw them immediately into the boiling lard and cook until puffed and golden-brown, like doughnuts. Remove with a skimmer; drain, and serve hot. They may be covered with powdered cinnamon and sugar as they are removed from the fire, and should be eaten immediately with butter. Very simple and good.

ITALIAN BREAD.

1 pound of bread-dough, 4 ounces of softened butter,
Corn-meal.

Work the butter into the dough, when it has risen ready for the oven. Roll it out ½ an inch thick; cut it into strips nearly 1 inch wide by 7 or 8 inches long. Sift fine corn-meal over them; place on a sheet of greased tin, not touching each other, and when light (about 1 hour) bake in a quick oven about 10 minutes.

SALT-RISING BREAD.

1 pint of scalding water, 1½ teaspoons of salt,
1 " " milk, Flour.

Add to the water enough flour to make a thick batter; add ½ teaspoonful of salt, and beat until smooth and full of air-bubbles. Cover closely. Stand the pitcher in a pan of warm water, and set in a warm place from 5 to 8 hours. It requires to be kept much warmer than bread which is made with yeast, in a temperature of about 112 degrees, and may be stirred once or twice while rising. In the morning, scald the milk, and set aside to cool. When lukewarm, add 1 teaspoon of salt and enough flour to make a batter thick enough to drop, not pour, from the spoon. Now turn into this the salt-rising, which should be very light, and have an unpleasant odor. Beat vigorously and continuously for 3 minutes. Cover

with a cloth, and set in a pan of warm water. Let it stand in a warm place until very light, about 2 hours; then add sufficient flour to make a dough that will not stick to the hands. Knead thoroughly until smooth and elastic. Mould into loaves; place in greased pans; cover with a cloth, and, when very light, bake in a moderate oven 1 hour. This must be kept warmer than yeast bread, or it will not rise. The above receipt is given to be used when yeast is not obtainable.

BOSTON BROWN BREAD.

2 cups of rye-meal,
1 teaspoon of salt,
1½ pints of sour milk,
1 cup of molasses,
2 cups of Indian-meal,
1 teaspoon of soda or saleratus.

Mix the two meals evenly together. Dissolve the soda in 2 tablespoonfuls of boiling water; add this and the molasses to the sour milk; mix, and pour into the meal; add the salt, and stir well together. Pour it into a well-greased, 2-quart brown-bread mould; put on the lid and steam for 5 hours. Then take off the lid; set the mould in the oven and bake 30 minutes.

SALLY LUNN.

1 pint of milk,
1 teaspoon of sugar,
1½ pints of sifted flour,
3 eggs,
2 ounces of butter,
1 teaspoon of salt,
1 gill of good yeast, or half-compressed yeast-cake.

Scald the milk; add to it the butter and set aside to cool. When lukewarm, add yeast, salt, sugar, and flour. Beat steadily for 5 minutes. Cover. Set in a warm place for 2 hours, to rise, until very light. In winter it will require a longer time. Beat the yolks and whites of eggs, apart, until very light; add first the yolks to the batter, then the whites. Stir lightly and carefully. Set again in a warm place for 15 minutes, to rise. Pour the mixture into a well-greased turk's-head, and bake in a moderately-quick oven for 40 minutes. Serve hot.

VIRGINIA BATTER-CAKE.

1 cup of boiled rice,
1 pint of milk,
1 egg,
Butter, the size of an egg,
½ pint of Indian-meal,
Pinch of salt.

Boil the rice the day before; drain; while warm, stir in the butter. Next morning, mix the rest of the ingredients together; stir in the cupful of rice, and pour the mixture into 2 greased pans, and bake immediately for 1 hour.

TEA BISCUIT.

2 teaspoons Royal baking-powder,
Cold water to make a soft dough,
3 cups of flour,
1 tablespoon of lard,
½ teaspoon of salt.

Mix together lard, flour, salt, adding baking-powder in last cup of flour. Add the water. Roll out thin. Cut in rounds. Bake 15 minutes.

SODA BISCUIT.

1 quart of sifted flour,
1 teaspoon of salt,
½ pint of milk,
1 large tablespoon of lard,
2 heaping teaspoons of baking-powder, or ½ teaspoon of soda and 1 of cream of tartar.

Mix the baking-powder (or soda and cream of tartar) and salt with the flour, and sift again. Rub the lard and flour together. Have the oven ready and very hot. Grease the pans, and have every thing in readiness before you add the milk. Now add the milk. Knead up quickly; roll out 1 inch thick, and cut into small rounds. Bake about 20 minutes. Handle as little and as lightly as possible.

SHORT-CAKES.

3 cups of sifted flour,
1 teaspoon of salt,
1 even teaspoon of baking-powder,
¼ cup of butter,
1 scant cup of ice-water.

Rub the butter into the flour quickly and lightly, handling as little as possible; add salt and baking-powder; mix well. Moisten with the ice-water, using a knife to mix it. Roll out ½ an inch thick; cut into small rounds; bake on a greased pan in a quick oven for about 20 minutes.

CREAM SHORT-CAKES.

1 quart of sifted flour,
2 gills of thick sour cream,
1 teaspoon of salt,
1 level teaspoon of baking-soda.

Add the salt to the flour. Dissolve the soda in 2 tablespoonfuls of boiling water; add it to the sour cream; then add the cream instantly to the flour. If it stands at all before mixing, the cakes will be heavy. Mix quickly, and form into cakes the size of a saucer and ½ an inch thick. Place on a hot griddle greased with a piece of fat salt-pork. Brown on one side; turn and brown the other. The dough should be as soft as you can handle. If the flour absorbs the cream too much, add a little more.

MARYLAND BISCUIT.

1 quart of sifted flour,
1 large tablespoon of lard,
2 gills of water,
1 teaspoon of salt,
2 gills of milk.

Mix together salt and flour. Rub the lard into the flour evenly with the hands. Have the milk and water in a pitcher, and add it gradually to the flour, stirring and kneading all the time. Add only enough to moisten the flour, as the dough should be very stiff. Knead 5 minutes. Beat with an axe (the receipt says, but a rolling-pin might do where an axe is not available) for 30 minutes. Then form, with the hands, into small round biscuit, about ½ an inch thick. Prick in 3 places with a fork, and set them in a moderately-quick oven for 20 to 25 minutes. The outside should be light-brown, the inside white, flaky, and delicious.

GRAHAM FINGERS AND THUMBS.

1 pound of Graham flour,
3 gills of sweet milk,
1 teaspoon of baking-soda,
2 ounces each of butter and lard,
1 teaspoon of salt,
3 teaspoons of cream of tartar.

Mix together salt, cream of tartar, and flour, and sift through the finest kind of a sieve. When well mixed, rub in the lard and butter with the hands until very fine; add the milk

and mix lightly; lay the dough on a floured board, handling as little as possible. Roll it out ½ an inch thick. Cut ⅓ of this into strips 4 inches long and 1 inch wide. Roll the strips in corn-meal until round and well coated. Lay them in well-greased biscuit-pans, not touching each other. Bake in a quick oven 10 or 15 minutes. Cut the remaining ⅔ of the dough in circles; double these over; draw out a little, and bake like the strips. Dish together and serve hot.

GRAHAM WAFERS.

½ pound of Graham flour, 2 gills of sweet cream,
½ teaspoon of salt.

Mix. Roll as thin as possible on a floured board. Cut in small squares and lay on tins. Prick with a fork and bake in a quick oven. Do not grease the sheets of tin.

OAT-CAKE.

½ pound of oatmeal, fine, 2 gills of water,
½ teaspoon of salt.

Mix. Roll as thin as possible on a floured board. It should make a stiff dough. Cut in squares, and lay on ungreased tins. Prick well with a fork, and bake in a quick oven.

BUTTERMILK MUFFINS.

1 quart of buttermilk,
1 teaspoon of soda, dissolved in a few drops of hot water,
Flour, to make a rather stiff batter,
2 eggs,
1 teaspoon of salt.

Mix the milk into the flour; add eggs, etc. Bake in small gem-pans, or in rings on a greased griddle. In a quick oven they will require about 15 minutes. The soda should be added last, and well beaten in. Excellent.

PLAIN MUFFINS.

2 eggs,
1 cup of new milk or cream,
Pinch of salt,
1 pint of flour,
1 teaspoon of baking-powder, or ½ teaspoon of soda and 1 of cream of tartar, level,
Butter size of an egg.

Sift the baking-powder and salt with the flour; beat the eggs, whites and yolks apart; add to the yolks first the

milk, then the butter, melted; then add these to the flour; lastly, add the whites. Beat well, after it is all mixed, and bake immediately in a hot oven, in greased rings or gem-pans; or bake in rings on a hot, greased griddle. The batter must be just thin enough to pour.

CREAM MUFFINS.

2 gills of flour,
⅓ teaspoon of salt,
2 gills of sweet cream,
3 eggs.

Beat the whites to a stiff froth. Beat together yolks and salt, and add them gradually to the cream. Stir these into the flour, and add, lastly, the whites, mixing very gently but thoroughly. Bake in greased gem-pans in a quick oven for 10 to 15 minutes; or bake in greased rings on a hot, greased griddle.

KALAMAZOO MUFFINS.

1 pint of thick sour cream or milk,
1⅓ even teaspoons of soda,
3 ounces of butter, melted,
1 pint and 2 gills of flour,
1 saltspoon of salt,
2 eggs.

Put all the ingredients into a bowl, and beat them thoroughly together, adding lastly the soda, dissolved in 2 teaspoonfuls of boiling water. Bake in greased gem-pans in a quick oven for 10 or 15 minutes; or bake in greased muffin-rings on a hot, greased griddle.

BREAD MUFFINS.

1 pint of stale bread-crumbs,
1 pint of milk,
2 teaspoons of baking-powder,
1 teaspoon of salt,
3 gills of sifted flour,
1 tablespoon of butter, melted,
2 eggs.

Soak the bread-crumbs in the milk for 30 minutes. Beat the eggs, yolks and whites apart. Add to the bread, first the yolks, then butter and salt. Mix well. Add the flour; beat. Lastly, stir in carefully the whites of eggs, beaten to a stiff froth, and the baking-powder. Mix thoroughly. Bake in greased gem-pans in a quick oven about 20 minutes; or bake in greased rings on a hot, greased griddle.

NOTE.—To grease the griddle for muffins and griddle-cakes, use a piece of salt pork, on the end of a fork. Keep it for the purpose.

A VERY USEFUL BATTER FOR MUFFINS, ETC.

2 eggs,
2 cups of milk, or less,
Pinch of salt,
2 teaspoons of baking-powder,
2 cups of flour,
2 tablespoons of melted lard or butter.

Beat the whites and yolks apart. Mix together milk and yolks of eggs. Mix together baking-powder and flour; into this stir the milk and eggs with the salt; then add the melted lard or butter, stirring until perfectly smooth. Add lastly the whites, beaten to a stiff froth. For muffins, bake in greased muffin-rings on a hot, greased griddle. For oven-muffins, bake in gem-pans, or in greased rings, for 15 to 20 minutes in a quick oven. *Or*, bake in 1 round tin, like Sally Lunn, for 25 to 35 minutes. *Or*, add a little sugar to sweeten; bake in 1 round tin, as above, and serve hot, with a hot Wine Sauce as a plain dessert. *Or*, for Yorkshire pudding, add a little more milk to the batter, and bake in a roasting-pan, which has been greased with the drippings of the beef. Bake from 25 to 40 minutes, according to the heat of the oven and thickness of the pudding. This batter is recommended.

CRUMPETS.

1 pint of milk,
3 cups of flour, or about,
1 teaspoon of salt,
4 ounces of butter,
1 cup of yeast or ½ compressed yeast-cake, dissolved in 1 gill of warm water.

Scald the milk; when lukewarm, add it to the salt and flour; beat hard; then add the butter, melted, and the yeast. Beat again. Cover and set in a warm place, until very light, about 2 hours. Grease very large muffin-rings and place on a greased, hot griddle. Fill each ring not more than ½-full of the batter. Bake brown on one side, then turn and bake the other side. Remove from the fire, spread with butter, and serve hot. Or set aside until wanted; then

toast on both sides; spread with butter and serve hot. Crumpets should always be served on a hot-water plate, with a bell-cover over them.

PLAIN WAFFLES.

2 eggs,
1¼ cups of new milk or cream,
1 teaspoon of Royal baking-powder,
1 pint of flour,
Butter, size of a walnut,
Salt.

Mix the baking-powder and salt with the flour. Beat the whites and yolks apart. Melt the butter and add it to the milk; next add the beaten yolks and milk to the flour; lastly, the beaten whites. Bake immediately. The waffle-iron should be very hot, and well greased in every part. Have the batter in a pitcher and pour it in carefully. As soon as the edges are set, turn the waffle-iron and bake the second side. There is quite an art in making very good waffles, as much depends upon their being baked evenly. Select a square waffle-iron with 4 compartments, and do not be tempted by too elaborate a design. When your waffles are baked, pile them in a double row on a hot plate, buttering each one generously. Serve very hot, with cinnamon and sugar mixed.

WAFFLES WITHOUT YEAST OR SODA.

1 pint of milk scalded,
1 " and 1½ gills of flour,
2 ounces of butter,
3 eggs,
½ teaspoon of salt.

Melt the butter in the milk, and when sufficiently cooled, mix it into the flour and salt. Beat whites and yolks apart. Stir the yolks into the batter, and lastly add the whites beaten to a stiff froth. Bake on a hot waffle-iron as directed for Plain Waffles (see receipt).

RICE WAFFLES.

Follow exactly the receipt for Plain Waffles, using 1 cup of cold boiled rice and omitting ½ a cup of flour; add the rice before the eggs, and finish as directed.

HOE-CAKE.

1 pint of corn-meal, ½ teaspoon of salt,
Water.

Mix the corn-meal with the salt in a bowl. Add enough boiling water to just moisten the meal, and let it stand 10 minutes. Then add more boiling water until the batter will drop from the spoon. Bake in cakes on a hot griddle greased with a piece of fat salt-pork. When done, put a piece of butter on the top of each cake and serve.

The old Southern colored cooks were famous for these cakes, which they baked before a wood-fire on their hoes.

JOHNNY-CAKE.

1 pint of buttermilk,
1 " " Indian-meal,
1 tablespoon of butter, melted,
3 eggs,
1 teaspoon of soda or saleratus,
1 " " salt.

Beat the eggs together until very light; add them to the buttermilk; then add these to the Indian-meal with the melted butter and salt; beat. Dissolve the soda or saleratus in 2 tablespoonfuls of boiling water; add this to the batter; mix thoroughly and pour into a shallow, greased baking-pan. Bake in a moderately-quick oven for 30 minutes.

CORN-CAKE.

1 pint of sweet milk, scalded,
Butter size of an egg,
3 eggs, beaten, whites and yolks apart,
2 gills of corn-meal,
Pinch of salt.

Sprinkle the corn-meal into the milk; remove from the fire; add the butter and salt while the milk is hot. Beat the yolks and mix into the meal; add, lastly, whites beaten to a stiff froth. Have ready, heated very hot, gem-pans or 1 large pan. Butter these thoroughly. Bake 20 minutes or more, according to the size of the pans, in a quick oven.

CORN-BREAD.

2 tablespoons of melted lard,
1 tablespoon of sugar,
1 " " flour,
Corn-meal for stiff batter,
2 eggs,
1 pint of sour milk,
1 teaspoon of baking-soda.

Mix together milk, beaten eggs, and sugar; stir these into the flour and corn-meal; then add melted lard. Dissolve the soda in a few drops of boiling water; add it and beat hard for several minutes. Have ready heated, greased dripping-pans; pour in the batter, and bake in a moderately-quick oven for 20 to 30 minutes.

VIRGINIA CORN-CAKES.

1 quart and 1½ gills of sweet milk,
1 " of corn-meal,
1 teaspoon of salt,
4 eggs.
1 gill of melted butter.

Put the meal in a 3-quart bowl with the salt. Pour over it about ½ the milk. Mix well. Add the butter and eggs well beaten together; then the rest of the milk. Beat again. Bake on a hot griddle greased with a piece of fat salt-pork.

ALABAMA CORN-CRUST.

1 pint of corn-meal,
1½ teaspoons of salt,
1 teaspoon of sugar,
1 pint of boiling water,
1 egg.

Stir the boiling water into the meal, sugar, and salt; mix well. Stir in the beaten egg, and spread thin in small biscuit-pans. Smooth with a knife dipped in cold water, and score it. Bake in a quick oven until slightly browned, about 10 minutes. Watch that it does not scorch.

CORN-DROPS.

1 pint and 1 gill of cold milk,
1 teaspoon of salt,
2 eggs,
2 gills of corn-meal,
2 ounces of butter.

Set the pint of milk over boiling water on the fire; when boiling, stir in the meal mixed with the gill of cold milk, salt,

and melted butter. Stir and cook until the batter is like mush; remove from the fire; beat whites and yolks of eggs apart. Add the yolks to the batter and beat; then add the whites. Beat all together very light, then drop it in separate spoonfuls on a greased tin and bake in a quick oven until brown, about 15 to 20 minutes. Be careful that the cakes do not scorch.

DELICATE CORN-ROLLS.

1 quart of milk,
2 gills of corn-meal,
1 teaspoon of salt,
1 pint of wheat flour,
1 ounce of butter,
2 eggs,
1 teaspoon of baking-soda, and 2 of cream of tartar, or 2 heaping teaspoons of Royal baking-powder.

Scald 1 pint of the milk on the fire over boiling water; add to it the butter, salt, and the meal, mixed smooth with a little of the cold milk. Stir and let it cook until like thick mush. Stir in the cold milk mixed with the beaten yolks of the eggs; then the flour sifted with the cream of tartar; then add the soda, dissolved in 2 tablespoonfuls of the hot milk. Add, lastly, the whites beaten to a stiff froth. Bake in gem-pans in a quick oven 15 to 20 minutes.

PLAIN CORN-DROPS.

3 gills of boiling water,
2 ounces of butter,
3 tablespoons of milk,
1 pint of corn-meal,
½ teaspoon of salt,
2 eggs.

Pour the boiling water on the corn-meal, butter, and salt. Add the milk and eggs, these last beaten together until light. Mix well and drop by the spoonful on greased tins, and bake in a quick oven 15 to 20 minutes. Watch that they do not scorch.

PUFFS.

1 egg beaten very light,
2 gills of milk,
1 gill of flour,
Pinch of salt.

Mix milk and egg; stir these into the flour and salt. Have your gem-pans very hot. Grease. Pour in the batter and bake 30 minutes, or until the top is a firm crust. These may also be served for dessert with a sweet sauce.

LAPLANDERS.

1 full pint of flour, Pinch of salt,
1 pint of milk, 2 eggs,
1 tablespoon of butter.

Heat the milk to nearly, but not quite, boiling. Stir in butter and salt. Beat the yolks of eggs and stir them into the milk; then add the milk to the flour, and lastly the whites beaten stiff. Have the pans hissing hot; pour in the batter, and bake until brown, in a quick oven. This will take from 20 to 30 minutes. These may also be eaten with a sweet sauce for dessert.

BREAKFAST PUFFS.

2 gills of water, 5 level tablespoonfuls of sifted flour,
2 " " milk, Pinch of salt,
2 eggs, whites and yolks beaten apart.

Stir the water, milk, salt, and yolks into the flour. Beat smooth. Add lastly the beaten whites. Mix smooth and bake in 1 large puff or in small pans 15 to 30 minutes, according to size. The pans should be very hot and well greased.

POP-OVERS, NO. I.

1 pint of milk, 1 egg,
1 " " flour, Pinch of salt.

Beat the egg and mix it with the milk; stir all into the flour. Heat gem-tins very hot; grease with lard; fill ½-full and bake 15 or 20 minutes in a quick oven. Recommended.

POP-OVERS, NO. II.

2 cups of milk, 2 eggs,
2 " " flour, 1 even teaspoon of salt,

Beat whites and yolks apart. Stir the milk and eggs together into the flour. Beat smooth. Add salt. Lastly add the whites beaten to a stiff froth. Heat gem-pans very hot. Grease; fill ½-full. Bake in a quick oven 20 minutes or more, until a firm crust is formed. Or, bake in teacups, and serve with Wine or Lemon Sauce (see receipt).

GRAHAM GEMS.

Use same batter as for Pop-overs, substituting ½ Graham flour.

BUCKWHEAT CAKES.

1 quart of cold water,	1 teaspoon of salt,
3¾ cups of buckwheat,	1 gill, or ½ cake, of yeast,
2 tablespoons of molasses,	½ teaspoon of soda.

Select buckwheat of the best quality. Put the cold water into a stone jar with a narrow neck (there are jars made expressly for the purpose); add salt and buckwheat, and rub perfectly smooth. Add the yeast, or the ½-cake of compressed yeast, dissolved in 1 gill of tepid water. Mix well. Put on the cover of the jar; set it in a moderately-warm place overnight. Next morning, add ½ a teaspoonful of soda dissolved in boiling water; beat this thoroughly through; mix in the molasses, and bake on a hot griddle. Test 1 cake, and if it is bitter or heavy, add a little more soda to the batter as above. Reserve 1 cupful of this batter as the foundation of the next batch of cakes. Leave it in the jar, cover it with a little cold water, and set it in a cool place until evening; then pour off the clear water from the top (if any); add the fresh buckwheat, water, and salt; stir smooth, and set away until next day, repeating this process as long as you care to eat buckwheat cakes. The griddle should be heated gradually until very hot. Grease with fat pork. If well made, these cakes should be like a network of air-holes, as light as possible.

BUTTERMILK GRIDDLE CAKES.

1 quart of buttermilk,	1 teaspoon of baking-soda,
1 teaspoon of salt,	1 egg,

Flour for thin batter.

Beat the egg together; add to it the buttermilk and salt. Mix well. Dissolve the soda in 2 tablespoonfuls of boiling water; stir it into the buttermilk, then add this instantly to the flour, stirring all the time. Any delay will make the

cakes heavy. The batter should be thin enough to pour smoothly from the spoon. Beat well and bake quickly on a hot griddle, greased with a piece of fat salt-pork. (Or, the soda may be dissolved as above, and added to the batter last, after which beat the batter for 1 or 2 minutes.)

CORN-MEAL GRIDDLE CAKES.

1 quart of sour or buttermilk,
1 teaspoon of salt,
1 " " baking-soda,
1 gill of flour,
2 eggs, beaten light,
2 tablespoons of molasses,
1 tablespoon of lard, melted,
Corn-meal for thin batter.

Mix together eggs, milk, and molasses, and add these to the flour; mix in enough corn-meal to make a batter of the thickness of rich cream. Add the melted lard; then the soda dissolved in a few drops of boiling water. Beat very hard. Have the griddle very hot, and grease with a piece of fat salt-pork. Test a little of the batter; it should run easily, and the cakes should be so thin that you can only just turn them with the cake-turner. If too thick, add a little more buttermilk and a pinch of soda as before; if too thin, add a little more corn-meal. Delicious. Recommended.

OATMEAL GRIDDLE CAKES.

1 pint of cold boiled oatmeal,
½ teaspoon of salt,
2 teaspoons of baking-powder,
2 cups of flour,
1 cup of milk,
2 eggs,
1 cup of boiling water.

Beat the milk into the oatmeal; then add the salt, yolks, and boiling water. Mix. Add the flour sifted with the baking-powder; beat again; lastly add whites of eggs beaten to a stiff froth. Mix well and bake on a hot griddle greased with a piece of fat salt-pork.

RICE GRIDDLE CAKES.

1 pint of milk,
2 cups of cold boiled rice,
½ teaspoon of salt,
2 teaspoons of Royal baking-powder,
2 cups of flour,
3 eggs,
1 tablespoon of melted butter.

Rub the rice through a sieve; add to it the eggs well beaten together; the melted butter; milk; then the flour

sifted with the powder. Mix well and bake immediately on a hot griddle, greased with a piece of fat salt-pork. Or, these may be made with yeast instead of baking-powder, adding 1 gill of yeast or ½ a yeast-cake dissolved in 1 gill of lukewarm water, standing the batter in a warm place at least 2 hours before baking.

HOMINY GRIDDLE CAKES.

Proceed exactly as for rice griddle cakes, substituting the same quantity of cold boiled hominy, and not passing it through a sieve.

RAISED FLANNEL-CAKES.

1 pint and 1 gill of milk,
1 tablespoon of butter,
1 gill of yeast, or ½ compressed yeast-cake,
1 teaspoon of salt,
2 eggs,
3 cups of flour.

Scald the milk and add the butter; set it aside to cool. When lukewarm, add the yeast (or yeast-cake dissolved in ½ a gill of warm water). Add salt and beat well. Cover and set in a warm place overnight. Next morning beat the eggs, whites and yolks apart; add first the yolks, then the whites, to the batter; beat well. Set aside 15 minutes. Then bake on a hot, greased griddle.

QUICK FLANNEL-CAKES.

1 quart of sifted flour,
2 ounces of butter,
1 teaspoon of salt,
1 pint and 2 gills of milk,
3 eggs,
2 teaspoons of baking-powder.

Rub the butter into the flour with the hands until evenly mixed; mix in the salt. Add the beaten yolks of eggs to the milk; add this to the flour; beat hard until smooth; then add the whites of the eggs beaten to a stiff froth, and baking-powder. Bake quickly on a hot griddle, greased with a piece of fat salt-pork.

FEATHER-CAKES.

2 ounces of butter, melted, 1 pint of milk,
1 egg, Pinch of salt,
2½ teaspoons Royal baking-powder, sifted with 2½ cups of flour.

Mix the flour, salt, and powder; mix egg and milk; mix the milk into the flour and beat until smooth. Bake on a hot griddle.

STALE-BREAD GRIDDLE CAKES.

1 quart of milk, scalding hot, 2 eggs,
1 pint of stale bread-crumbs, 1 teaspoon of salt,
1 tablespoon of melted butter, Flour for thin batter, 3 ounces,
2 teaspoons of baking-powder, or ½ teaspoon of soda and 1 of cream of tartar.

Soak the bread in the milk for 1 hour, then beat it smooth. Beat the eggs, whites and yolks apart, until very light. Add to the bread, first the yolks, then the flour, butter, and salt. Beat again; add baking-powder and whites of eggs, and bake quickly on a hot griddle, greased with fat salt-pork. *Or*, the bread-crumbs may be stirred into the batter at the time of baking, not soaked as above.

FRITTER BATTER.

4 ounces of flour, ¼ level saltspoon of grated nutmeg,
1 level saltspoon of salt, 2 eggs,
½ " " " pepper, 1 tablespoon of olive oil,
1 cup of cold water, more or less.

Mix the flour with the yolks of eggs, pepper, salt, nutmeg, and oil (the latter makes it crisp), then add the water; enough of the latter to make the batter sufficiently stiff to hold the drops from the spoon in shape when dropped from it. Stir in, lastly, the 2 whites of eggs beaten to a stiff froth. When the lard is boiling, deep enough to float the fritters, dip whatever you wish to fry into the batter, covering it on all sides; drop into the lard and fry until golden brown. Drain on brown paper in the mouth of the oven. This is a good, crisp batter.

YORKSHIRE PUDDING.

1 pint of milk,	3 eggs,
⅔ cup of flour,	1 saltspoon of salt.

Beat the eggs together very light. Add salt and milk. Pour ½ on the flour. Rub smooth. Add the rest of the milk. Remove the roast-beef from the roasting-pan. Pour off the gravy, leaving a little drippings. Pour in the batter and bake in a quick oven 20 minutes or more, according to size. Serve under roast-beef; or cut in even pieces and serve around the beef.

N. B.—The pudding may be baked in another pan while the beef is roasting. Grease the pan with some of the drippings of the beef, and bake as directed.

DUMPLINGS.

1 pint of sifted flour,	¼ teaspoon of salt,
Milk to make soft dough,	1 heaping teaspoon of baking-powder.

Sift together the powder and flour; add salt and milk. Do not handle too much. Have ready the pot of boiling gravy or salted water; drop the dough by even bits into the pot; cover; boil 10 minutes, steadily, but not too hard.

NOTE.—If cooked in gravy, be careful that it does not scorch.

SUET DUMPLINGS.

¼ pound of suet, chopped fine,	¼ teaspoon of salt,
Twice the bulk of suet in flour,	¼ cup of ice-water.

Chop the suet fine; measure it with a cup, and allow twice the bulk in flour; add salt; mix; moisten, with the ice-water, enough for a stiff batter. Roll into balls the size of a hickory-nut; drop into boiling soup or gravy. Cover, and cook 15 minutes. If in gravy, be careful that it does not scorch.

BUTTERMILK DUMPLINGS.

2½ cups of buttermilk,
Flour for stiff batter,
1 teaspoon of baking-soda,
2 eggs.

Beat the eggs together; mix them with the milk. Dissolve the soda in a few drops of boiling water; mix it with the milk; pour the milk instantly into the flour, blending to a smooth, soft dough. If sweet milk is used, allow 1 teaspoon of Royal baking-powder to each cup of flour instead of the soda. Sift the powder with the flour. Drop the dough by the teaspoonful into boiling water; cover, and boil steadily, but not too rapidly, for 10 minutes.

VELVET-CAKES FOR TEA.

1 quart of sifted flour,
1 gill of sugar,
3 even tablespoons of baking-powder,
1 pint of sweet milk,
1½ ounces of butter,
1 egg.

Beat the egg, butter, and sugar together, until very light; sprinkle into them the flour sifted with the baking-powder. Mix flour, sugar, etc. Stir in enough of the milk for a stiff batter, and beat thoroughly. Add the rest of the milk. Beat again. Pour into well-greased gem-pans, and bake in a quick oven, 15 to 20 minutes.

CREAM TEA-CAKES.

1 pint of sour cream,
1 egg, beaten,
Small lump of butter, size of a hickory-nut,
1 quart of sifted flour,
Pinch of salt,
½ teaspoon of soda.

Mix. The dough should stand 15 minutes, then be rolled out ¼ of an inch thick, cut in rounds, and baked on a hot griddle. Spread with butter, and serve hot.

CAKES.

WEDDING CAKE.

1 pound of butter,
1 " " flour,
2 pounds of currants, cleaned,
1 cup of N. O. molasses,
Ground spices to taste,
1 pound of brown sugar,
4 pounds of raisins, stoned.
1 pound of citron,
1 pint of best brandy,
18 eggs, yolks only.

Rub the sugar and butter to a cream. Strain in the molasses. Clean the Currants as directed (see receipt). Stone the raisins (see receipt). Slice the citron. Add the yolks of eggs; then the brandy, ½ the flour, and spices to taste. Shake the fruit in the remaining flour until well coated; then add all the fruit and flour to the cake. Mix thoroughly. Bake in 3-quart tins, lined with thick paper very well greased. It must be baked in a very slow oven, and will require about 4 hours. If the oven gets at all hot, cool it by opening the cover over the top. Cover the top with thick paper. When cold, ice the top of the cake (see receipt for Icing.)

TROY LOAF-CAKE.

1 quart of sifted flour,
1 pint of "A" or "C" sugar,
3 teaspoons of baking-powder,
8 ounces of butter,
2 gills of cold water,
3 eggs,
½ small nutmeg, grated.

Sift the baking-powder and flour together. Cream the butter and sugar; add the yolks, water, and flour. Add, lastly, the whites beaten to a stiff froth. Have ready 2 pans well greased with lard and lined with thin paper also greased. Pour in the mixture. It should fill each pan about ½-full.

Set in a quick, but not scorching, oven. Shut the door very gently, and be careful not to jar the cake, or it will be heavy. Do not open the door for about 10 minutes, and then as little as possible, and very gently. If the cake is baking quicker one side than the other, turn it around very carefully, but not until the cake has begun to set. If the top browns too quickly, cover with a layer of thick paper. If it cracks ever so little, lessen the heat of the oven by opening the range-cover above it on a crack about $\frac{3}{4}$ of an inch wide. A cracked loaf-cake is never a light cake. Great care must be taken in the baking, for as much of the success depends upon that as upon the ingredients and the manner of combining them. Bake for 25 to 30 minutes. Test through the middle with a broom-whisp. If it comes out perfectly dry, the cake is done. Turn it out on an inverted sieve to cool. Ice it, or simply sift powdered sugar over it.

ARCHANGEL CAKE.

Whites of 8 eggs,
2 cups of sifted flour,
1 cup of butter,
1 " " "A" sugar,
1 teaspoon of Royal baking-powder.

Cream butter and sugar together; add flour, and flavor with lemon, or bitter almond and rose-water. Add lastly the whites beaten to a stiff froth. Bake in layers 6 to 10 minutes, and fill with Almond Paste Filling (see receipt), or bake in a turk's-head tin. For directions for baking loaf-cake, see Troy Loaf-Cake. Bake for about 30 minutes in a moderately-quick oven. Superior to Angels' Food.

ANGEL CAKE.

3 gills of granulated sugar, sifted twice,
1 cup of flour, sifted 4 times,
1 heaping teaspoon of best cream of tartar,
11 whites of eggs, beaten to a stiff froth, with a pinch of salt,
1 teaspoon of vanilla.

Add the sugar to the beaten whites; beat lightly until well mixed. Sift the cream of tartar with the flour a fifth time. Add the flour to the eggs, and beat again. Last of all, add

vanilla. Line a turk's-head tin with paper, using no grease. Fill the pan not more than ¾-full; or use 2 small tins. Bake in a moderate oven 40 minutes. Test with a broom-whisp. When done, turn the cake upside down, and, when cold, ice the bottom with Egg-Icing (see receipt).

N. B.—Do not use any other pan than that which has a tube in the centre (turk's-head).

POUND-CAKE.

7 ounces of sifted flour,
6 " " butter,
½ lemon, juice and grated rind,
8 ounces of sugar,
½ teaspoon of ground mace,
4 eggs.

Beat the butter to a cream, and stir the flour into it. Beat together the yolks and sugar until very light, then mix them with the butter and flour. Add lemon and mace, and lastly the whites of eggs beaten to a stiff froth. Have ready loaf-tins lined with well-greased paper. Bake about 30 minutes in a moderately-quick oven. Test with a broom-whisp. For detailed directions for baking, see Troy Loaf-Cake.

AURORA LOAF-CAKE.

11 ounces of butter,
2 pints and 2 gills of flour,
1 gill of wine and brandy mixed,
1½ pounds of stoned raisins,
1 pint and 2 gills of sugar,
2 gills of milk,
5 eggs,
3 teaspoons of baking-powder.

Sift the flour and powder together. Cream the butter and sugar; add the yolks and beat until very light; stir in the milk. Beat the whites to a dry froth, and add them and the flour alternately; then add the wine, and lastly the raisins, well floured and shaken until each raisin becomes coated on all sides. Stir only just enough to mix. Have ready deep pans lined with paper greased with lard, and bake in a quick, but not scorching, oven for fully 45 minutes. Cover the cake with a layer of thick paper. For detailed directions for baking, see Troy Loaf-Cake.

SPONGE-CAKE NO. I.

1 pound of sifted powdered sugar,
3 teaspoons of Cleveland or 2 of Royal baking-powder,
11 eggs,
Juice of 1 lemon,
Grated rind of ½ lemon,
10 ounces of sifted flour.

Cream together the yolks and sugar. Add the lemon-juice and rind; then the flour; then the whites of eggs beaten to a stiff froth. Add, lastly, the baking-powder, and stir lightly but thoroughly. Line a long loaf-pan with well-greased thin paper and fill ⅓-full with the batter. Set in a moderately-quick oven for 25 to 35 minutes. Test with a broom-whisp. If it comes out perfectly dry, the cake is done. Watch carefully that it does not brown too quickly or unevenly; if too quickly, cover with brown paper. Besides this loaf-cake, this receipt will make a layer-cake of 4 layers. When eggs are plentiful, it is economical. The layer-cake may be filled with lemon or other filling. Recommended.

SPONGE-CAKE NO. II.

6 eggs,
Juice and grated rind of 1 lemon,
½ the weight of eggs in flour,
Weight of eggs in sugar.

Weigh the sugar and flour; separate the yolks and whites of eggs. Sift the flour. Beat the whites to a very stiff froth. Grate the lemon-peel, and strain the juice. Have the cake-pan greased (an oblong one is best) and every thing in readiness before putting together the ingredients. Beat the yolks and sugar until very light and pale yellow. Now add the juice and rind of lemon and ½ of the flour. Mix well. Now add ½ the whites of eggs; mix carefully and quickly; then the second ½, and mix; then the remaining whites of eggs. Stir as little as is necessary to mix in the whites; pour into 1 or more pans, and bake in a quick oven 30 to 45 minutes, according to size. If the top is inclined to brown too quickly, lay a paper over it. The art of making good sponge-cake lies in the order of mixing the ingredients, and upon the mixing being done very quickly.

LAYER SPONGE-CAKE.

1 cup of sifted powdered sugar, 3 eggs,
1 " " " flour, Lemon extract,
1 medium teaspoon of Royal baking-powder.

Cream together the yolks and sugar; add lemon-extract to taste; the flour and baking-powder sifted together, and lastly the whites of eggs beaten to a stiff froth. Bake in well-greased jelly-cake tins for about 10 or 12 minutes. Fill with Lemon, Chocolate, or other Filling (see receipts). Recommended.

FRENCH CAKE.

1 cup of milk,
3 gills of "A" sugar,
3 whites of eggs, beaten to a stiff froth,
2 heaping teaspoons of Royal baking-powder,
1 gill of butter,
3 cups of sifted flour.

Cream the butter and sugar together; add the milk; then the flour, which is sifted with the baking-powder. Flavor with extract of bitter almonds and rose-water, or other flavoring to taste. Add lastly the whites of eggs beaten to a stiff froth. Bake in a loaf for about 25 or 30 minutes (for directions see Troy Loaf-Cake), or in layers, 6 to 10 minutes. For the latter, the oven should be quicker than for the loaf. Fill with Almond or other Filling (see receipts). Ice to taste.

SAVOY CAKE.

GÂTEAU DE SAVOIE.

4 ounces of powdered sugar, 3 eggs,
1½ ounces of sifted flour, 1 ounce of corn-starch,
Vanilla to taste.

Beat the yolks and sugar to a cream; add the flour, corn-starch, and vanilla. Mix well. Beat the whites of eggs to a stiff froth, and stir them in lightly, but thoroughly. Butter a cake-mould, turk's-head, or other; coat the bottom and sides with powdered sugar; fill ⅔-full with the batter, and bake in a moderately-quick oven for about 45 minutes. For directions for baking, see Troy Loaf-Cake.

MANQUET.

Yolks of 8 eggs,
Grated rind of 1 lemon,
½ pound of "A" sugar,
1 ounce of melted butter,
Whites of 3 eggs, beaten.

Cream together the yolks and sugar, beating until very light; add the rind of lemon Add lastly the whites of 3 eggs beaten to a stiff froth. Have ready a cake-pan well greased; dust it on sides and bottom with flour; pour in the batter and bake in a moderately-quick oven for 30 minutes or more. For directions for baking, see Troy Loaf-Cake.

CAKE WITHOUT EGGS.

3 gills of "A" sugar,
1 teaspoon of baking-powder,
2 tablespoons of butter,
2 cups of sifted flour,
1 cup of milk,
1 teaspoon of vanilla,
Small pinch of salt.

Beat the butter and sugar to a cream; add flour, salt, then milk and flavoring, and beat hard; add baking-powder. Mix well and bake in a tin lined with thin, greased paper, about 30 minutes or more. For directions for baking, see Troy Loaf-cake.

DRIED-APPLE OR ECONOMICAL FRUIT-CAKE.

½ pound of butter,
¾ " " dried, sour apples,
1 pint and 2 gills of N. O. molasses,
2 gills of stoned raisins (½ lb.),
1 teaspoon of baking-powder,
1 tablespoon of ground cinnamon,
1 " " " mace,
1 large tablespoon of lard,
½ pound of "A" or "C" sugar,
1¼ pounds of sifted flour,
1 tablespoon of baking-soda,
Juice of 1 lemon,
1 egg,
1 teaspoon of ground cloves,
Pinch of salt.

Soak the apples in water overnight. Next morning, drain; chop; put them in a saucepan with the molasses and spices. When they come to a boil, set a little aside where they will stew gently for 20 minutes. Stir occasionally to prevent scorching. Set away to cool. Meanwhile, cream

the butter and sugar. When the molasses is cold, stir in the butter, sugar, egg, flour, and baking-powder. Beat hard for 3 or 4 minutes. Dissolve the soda, which should be a little more than a level tablespoonful, in a few drops of boiling water. Have ready the raisins, shaken in flour, until each one is well coated all over. Now beat in the soda for a minute or more; then stir in the raisins lightly and quickly. The batter should be thick enough to drop, not pour from the spoon. Have ready 2 large loaf-pans lined with well-greased, thin paper. Fill ¾-full of the batter, and set in a moderately-quick oven. The oven should at no time be intensely hot. After 15 minutes, when the cake should be set, turn off all excessive heat. Cover the top with a layer of brown paper, and bake in all about 45 minutes. If the oven is too hot, the cake will crack and be heavy. Test with a broom-whisp; when it comes out perfectly dry, the cake is done. This is an excellent cake which can be recommended for large households; it is economical.

GINGERBREAD.

1 quart of darkest Porto Rico molasses,
1 pound of dark-brown sugar,
1 cup of milk,
4 cups of sifted flour, or more,
1 large teaspoon of ground cinnamon,
1 teaspoon of soda and 1 of cream of tartar, or 2 of Royal baking-powder, heaping,
6 eggs,
½ pound of butter,
1 teaspoon of ground ginger,
½ teaspoon of ground cloves.

Warm the molasses slightly; strain it into a bowl with the butter, and beat it; then add the other ingredients, sifting the cream of tartar or baking-powder with the flour, and adding enough flour to make quite a stiff batter. If soda is used, dissolve it in a little of the milk; add it last, and beat for several minutes. If the above quantities of spices are not sufficient, add ginger and cinnamon to taste. Line deep pans with well-greased paper; fill about ¾-full with the batter, and bake about 1 hour in a slow oven. If it browns too quickly, cover it with a piece of paper. Test with a broom-whisp. For directions, see Troy Loaf-Cake. You may add to the above, raisins, washed, stoned, and shaken in flour.

GINGER CAKE.

1 tablespoon of lard,
1 cup of very thick sour cream,
1 gill of "A" or "C" sugar,
1 teaspoon of powdered cinnamon,
About 3¼ cups of sifted flour,
1 teaspoon of baking-soda, dissolved in a little warm water,
2 eggs,
3 gills of molasses,
1 teaspoon of Royal baking-powder,
1 teaspoon of ground ginger.

Mix all well together, adding the baking-powder with the last cup of flour. After that, beat hard for 1 minute or 2. Have ready deep pans, lined with well-greased paper; fill ⅓-full with the batter, and bake in a moderate oven 20 to 30 minutes. Test with a broom-whisp.

N. B.—A quick oven will make gingerbread heavy.

MOLASSES CAKE.

2 cups of molasses,
Ground ginger and cloves to taste,
3½ cups of sifted flour,
1 teaspoon of cream of tartar,
1 teaspoon of soda, dissolved in warm water,
1 cup of butter,
1 " " milk,
4 eggs.

Mix all together, adding soda last. Beat well; pour into pans lined with greased paper, and bake in a slow oven. Do not fill the pans more than 1 inch deep, and bake 20 to 30 minutes. Test with a broom-whisp. Two teaspoons of Royal baking-powder may be substituted for the cream of tartar and soda.

GINGERBREAD WITHOUT BUTTER OR EGGS.

1 gill of lard,
1 cup of sour milk,
1 teaspoon of baking-soda,
1 cup of molasses,
2 teaspoons of ground ginger,
Flour.

Put the molasses, lard, and ginger on the fire. When warmed, and the lard has melted, beat for 10 minutes. Dissolve the soda in a few drops of boiling water. Mix it and the milk with the molasses; then add enough flour to make a stiff batter. Beat well. Have ready a greased dripping-pan. Pour in the mixture, and bake 10 minutes in a quick oven. This quantity will fill a 10 x 15-inch pan about

1½ inches deep. It does not bake well if too deep. Test with a broom-whisp. Recommended as being excellent.

COCOA-NUT LOAF-CAKE.

¼ pound of butter,
2 gills of milk,
1 heaping teaspoon of baking-powder,
2 full cups of grated cocoa-nut,
Juice and grated rind of 1 lemon,
½ pound of "A" sugar,
½ " " flour,
5 eggs,
¼ grated nutmeg, no more.

Cream the butter and sugar; add the yolks, and beat very light; mix in the milk, then flour and lemon, and beat well. Stir in the cocoa-nut. Beat the whites to a stiff froth. Sift over them the baking-powder. Add these at the last moment, and mix lightly but thoroughly. Have ready 2 loaf-pans, lined with very thin paper well greased with lard. Divide the batter between the 2, filling not more than ⅔-full. Bake in a moderately-quick oven for 45 minutes to 1 hour. If it browns too quickly, cover with thick paper. Do not let it bake rapidly enough to crack the cake, or it will not be light. For directions for baking, see Troy Loaf-Cake. When it is thoroughly done, remove from the oven; cover the top with fresh grated cocoa-nut and sifted powdered sugar. Set on a sieve to cool. Handle very carefully. Remove the paper when cool. Delicious.

COCOA-NUT LAYER CAKE NO. I.

Take 2 layers of Layer Cake No. II. (see receipt); lay 1 on a plate, with the under-side uppermost. Spread over this a layer of Ice-Cream Filling (see receipt). Over this spread a thick layer of grated cocoa-nut; then the second layer of cake, with the top uppermost. Spread this also with Ice-Cream Filling, made a little stiffer with sugar; or use Egg-Icing. Pack the top all over with grated cocoa-nut, covering sides and all, so that nothing shows but the white of the cocoa-nut. Set away for 2 hours; transfer very carefully to a plate, on which is a fancy-cut paper, and serve. Recommended.

Or, use Cocoa-nut Filling (see receipt).

COCOA-NUT LAYER CAKE NO. II.

Proceed exactly as for Cocoa-nut Layer Cake No. I., spreading first a moderately-thick coating of very good currant-jelly upon the cake, then the filling and cocoa-nut as described. Finish as directed. Recommended. Or use Cocoa-nut Filling (see receipt).

PHILADELPHIA WHITE MOUNTAIN CAKE.

11 ounces of powdered sugar,
3 heaping teaspoons of baking-powder,
Juice and rind of 1 lemon,
¼ teaspoon of ground mace,
3 ounces of corn-starch,
½ pound of flour,
5 eggs,
1 gill of sherry,
2 gills of milk,
6 ounces of butter,
1 teaspoon of vanilla.

Beat the butter and sugar to a cream ; add the yolks of eggs, and beat as light as possible. Add vanilla, lemon, and mace. Beat the whites of eggs to a very stiff froth ; add them gradually and alternately with the milk to the batter. Sift the corn-starch and baking-powder together, and add them gradually to the mixture, beating quickly all the time ; then pour into 3 large jelly-cake tins and bake in a quick oven about 10 to 12 minutes. Test with a broom-whisp ; if it comes out dry, the cake is done. Turn the layers out on a board ; then turn them back again to bring the upper-side on top.

N. B.—If you use Royal baking-powder, 2 heaping teaspoonfuls will suffice ; of Cleveland's, use the quantity named.

FILLING FOR SAME.

Whites of 2 eggs,
1 gill of boiling water,
½ pound of powdered sugar,
1 teaspoon of vanilla.

Boil the sugar and water together until it forms a thread when dropped from the spoon. The whites of eggs must be beaten, meanwhile, as stiff as possible. Put them into a small bowl (a 1-quart bowl will do), and, when the syrup has reached the proper point, take it off instantly and beat the syrup into the whites of eggs with a Dover egg-beater,

adding the former by degrees. Continue to beat steadily until perfectly cold. This point may be attained more quickly by standing the bowl near an open window, or by setting it in a pan with a small piece of ice; but beat continually. In testing this receipt, it is found that the amount of filling given makes only enough for 2 layers of medium size. It is therefore recommended to use the same proportions, that is: 1 white of egg, ½ a gill of water, and ¼ pound of powdered sugar for each additional layer. The filling should be very thick between the layers of cake; at least ½ an inch thick. If the sugar has been boiled to the exact degree (wherein lies the one difficulty of making it in perfection) the filling will be as smooth and mellow as whipped cream and stiff enough to hold itself in shape like thick méringue. Spread the filling between the layers of cake, and finish the top with a little sifted, powdered sugar. Dexter, of Philadelphia, is famous for the above cake. The secret of the perfection of his manufacture is not divulged, but this is a very good imitation.

VERY LIGHT PLAIN CAKE.

1½ cups of "A" sugar (the "A" is essential), Lemon or vanilla extract to taste,
1 cup of butter, 3 eggs,
2 teaspoons of Royal baking-powder, 1 cup of cold water,
3 cups of sifted flour.

Mix all together, the baking-powder with the last cup of flour. Pour into pans lined with greased paper, and bake 15 to 30 minutes, according to size. If it browns too quickly, cover with a paper. Test with a broom-whisp. For directions for baking, see Troy Loaf-Cake. Recommended.

DAINTY CAKES.

Bake the batter for Plain Cake in gem-pans for 10 to 12 minutes. Test with a broom-whisp. When cold, cover with Lemon Icing made without eggs (see receipt). Delicious.

LAYER CAKE NO. I.

Make the batter as for Plain Cake; bake it in jelly-cake tins. In a quick oven it will require only about 6 or 8 minutes. Test with a broom-whisp. When cold, spread with jelly, marmalade, or filling to taste (see receipts). Ice the top, or sift powdered sugar over it.

LADY CAKE.

1 pound of sugar,
¾ " " flour,
½ pound of butter,
Whites of 10 eggs.

Mix, adding lastly the whites beaten to a stiff froth. Flavor with extract of bitter almond and rose-water. Bake in 1 or 2 loaves. Line the tins with thin, greased paper. For directions for baking, see Troy Loaf-Cake. When cold, ice the tops (see receipts).

CREAM PUFFS.

CHOUX À LA CRÈME.

2 gills of boiling water,
1 large cup of flour,
1 saltspoon of soda,
¾ pound of butter,
5 eggs.

Stir the butter into the boiling water over the fire. Then stir in the flour until perfectly blended and cooked, and the paste leaves the sides of the saucepan. Remove from the fire and beat in, 1 by 1, the eggs, turning always one way. Dissolve the soda in a few drops of boiling water, and add it to the paste; beat well. Butter a sheet of tin and drop the batter upon it, 1 tablespoonful for each puff. Do not let them touch. Bake in a quick oven about 15 minutes. When done, make an opening in the side with a sharp knife and fill with a custard made of:

1 quart of milk, boiling,
3 tablespoons of corn-starch,
5 eggs, well beaten,
Vanilla to flavor.

Rub up the corn-starch in a little cold water; add it to the boiling milk. Stir and boil for 3 minutes. Remove, and beat it into a bowl in which the eggs have been mixed. Stir, and sweeten to taste. Return to the fire, over boiling water; stir for a few minutes, but do not boil, or the eggs will curdle. *Or*, use the paste given for Coffee Éclairs. Bake and finish as above.

COFFEE ÉCLAIRS.

ÉCLAIRS AU CAFÉ.

1 ounce of butter,
6 tablespoons of water,
½ pound of sugar,
1 gill of strong coffee,
2½ ounces of flour,
4 eggs,
Whipped cream, } or Coffee Filling.
Coffee, }

Put the butter in a saucepan on the fire with 6 tablespoons of boiling water. When beginning to boil, add the flour (about the quantity indicated, perhaps a pinch more). Stir with a wooden spoon 3 minutes, or until it leaves the sides of the saucepan and is very stiff. Remove, and add, 1 at a time, the eggs, stirring each in very thoroughly. Have ready, slightly greased, an éclair-pan (they can be had made of sheet-iron, and are very good). Set in a quick oven for about 15 minutes. Watch very carefully, as, if the oven is too hot, they may scorch. They must not brown. When done, make an incision in the side of each and fill with sweetened, whipped cream flavored with coffee, or with Coffee Filling (see receipt).

Icing: Put into a china-lined saucepan the sugar and 1 gill of very strong, good coffee; a mixture of Mocha and Java is best. Boil it until it makes a thread when dropped from the spoon. Drop a little into a cup of cold water; take it between thumb and finger, and, if it makes a fine thread without breaking, it is ready. Remove from the fire and stir until it begins to thicken slightly; then coat each éclair with it.

KISSES.

MÉRINGUES.

Whites of 4 eggs, 9 ounces of granulated sugar.

Beat the eggs to a stiff froth, then stir the sugar in very gently. Have ready a board about 1 inch thick, which will fit in your oven. Cover the board with white paper. With a tablespoon, put upon this the mixture in any shape you fancy; the shape of a large half-egg is the best. Set the board in a slow oven, and bake slowly; on this depends a great part of the success of making good kisses. They should be at least 1 hour in the oven, and should become quite hard to the touch, without being more than a pale, light brown. If they show signs of browning too much or too soon, cover with thick paper. When done, detach them from the paper with a knife, and put them together in pairs. *Or*, they may be baked in sections about 4 inches long, and, when done, the flat sides may be slightly excavated, filled with ice-cream, then joined together, and served as *Méringues Glacées.*

COCOA-NUT MACAROONS.

3 whites of eggs,
1 teaspoon of extract of bitter almonds,
2 gills of rolled and sifted crackers,
½ pound of desiccated cocoa-nut, or allow same bulk of fresh, grated,
½ pound of powdered sugar.

Beat the eggs to a stiff froth. Mix all the ingredients together and bake in drops on a well-greased paper on tin, in a very moderate oven, until firm and light-brown, 15 to 20 minutes.

N. B.—The extract of bitter almonds should measure 1 *even* teaspoonful.

MACAROONS.

MACARONS.

1 pound of sweet almonds,
1 " " fine sugar,
Rose-water,
7 whites of eggs.

Blanch; skin the almonds, and pound to a paste in a mortar, adding a little rose-water by degrees. Add the sugar

and whites of eggs beaten to a stiff froth. Drop on well-greased paper; sprinkle with sugar, and bake in a moderate oven until light brown.

LAYER CAKE NO. II.

3 eggs, beaten whites and yolks apart,
2 cups of sifted flour,
1½ cups of "A" sugar (essential),
1 heaping teaspoon of Royal baking-powder,
Lemon-rind and vanilla to taste,
¼ teaspoon of ground mace may be added,
1 cup of butter,
1 " " milk.

Cream butter and sugar together; add yolks and flavoring. Beat well. Add milk; the flour which has been sifted with the baking-powder, and lastly the whites of eggs, beaten to a stiff froth. Bake on well-greased jelly-tins in a quick oven about 6 or 8 minutes. This will make 6 medium-sized layers. Recommended.

WINE CAKE.

Layer Cake No. II., Currant-jelly,
Sherry, Powdered sugar,

Spread 1 layer of cake with the jelly. Cover it with a second layer of cake. Make the icing as directed (see receipt for Wine Icing). Set away to harden. Then transfer to a plate on which is a fancy-cut paper, and serve. Recommended.

COFFEE LAYER CAKE.

Layer Cake No. II., Coffee Icing,
Coffee Filling.

Lay 1 layer of cake on a plate with the upper-side down; spread thickly with Coffee Filling (see receipt). Cover with a second layer of cake; spread this with Coffee Icing (see receipt). Set away for 1 or 2 hours. Then transfer to a plate on which is a fancy-cut paper, and serve. Recommended.

ORANGE LAYER CAKE.

Make 4 layers of Layer Cake No. II. (see receipt), grating into the batter the rind of 1 orange. Prepare a Custard

Filling (see receipt) flavored with the rind of 1 and juice of 2 oranges. When cold, place this between the layers of cake. Make an icing of the strained juice of 1 orange, into which beat powdered sugar until just thick enough to spread over the top of the cake. Let it stand half an hour, and add a second layer of icing, if liked. Decorate with glacéd oranges and cherries. Recommended.

LAYER CAKE AU RHUM, OR KIRSCH.

Prepare 2 layers of Layer Cake No. II. Lay 1 layer on a plate with the upper-side down. Spread it thickly with raspberry-and-currant jelly or with cider jelly (the jelly must be a little tart). Put the second layer over this. Make an icing of 1 gill of Jamaica rum or kirsch, with powdered sugar beaten into it until just thick enough to spread. Cover with this and set away. After ½ an hour, a second layer of icing may be added if liked. Recommended.

WALNUT CAKE.

Make 2 layers of Layer Cake No. II. Lay 1 layer on a plate with the upper-side down; spread it with a thick coating of Ice-Cream Filling (see receipt). Upon this place shelled and skinned walnuts. Cover with a second layer of cake. Spread with a second layer of filling, and sprinkle all over the top, very neatly, the nuts prepared in the same way.

HAZEL-NUT CAKE.

Proceed as for Walnut Cake, substituting hazel-nuts shelled, skinned, and split.

SMALL POUND-CAKES.

3 eggs,
Their weight in sugar,
" " " flour,
Their weight in butter,
Juice and grated rind of ½ a lemon,
1 ounce of Preserved Lemon Peel (see receipt).

Cream the butter and sugar, beating thoroughly (this may be done with the hand). Add the yolks of eggs and beat

until very light. Beat the whites to a dry froth and add them and the flour alternately. Add the lemon-juice and rind and the preserved peel cut into small bits. Beat hard for several minutes until very light. Have ready well-greased gem or patty-pans. Fill them ¾-full of the mixture and bake in a moderately-quick oven 15 to 20 minutes. Test with a broom-whisp. Set on an inverted sieve to cool. Ice the top with Lemon Icing, if liked.

PROMISES.

1 pound of sifted flour, 1 egg,
6 ounces of sugar, ¾ pound of butter,
½ cup of rum or sherry.

Mix together the egg, sugar, and butter, then add the flour; mix evenly; then add the rum or sherry. When mixed to an even dough, about as stiff as soft putty, lay a lump of it in a large baking-pan, and, with the hand, press it out as thin as possible, not more than ⅛ to ¼ of an inch thick. This is a little tedious, but rolling does not accomplish at all the same results. If you keep a plate of flour near by, and dip your hand into it now and again, it will be easier. It is worth the trouble, being a most delicious cake, and not at all common. When the bottom of the pan is covered, sift over the dough some powdered sugar mixed with a little pinch of ground cinnamon. Bake in a moderately-quick oven until the edges are quite brown and the rest pale yellow, like delicate pie-crust. Remove it from the oven. Take immediately a sharp knife and cut through the cake the length of the pan, then cut it across in strips about 1 inch wide. Take these out carefully, as they break easily, and lay on a platter. They will harden as they get cold. As the above quantity makes a large number of cakes, it will be much quicker to have several pans in use at a time. Dish the cakes on cut paper in a pile, placing layers of 4 at right angles. Serve with tea or coffee. Highly recommended.

VÎTEMENT FAIT.

2 eggs,
Pinch of salt,
Flour,
Butter,
Sugar.

To the egg and salt, add enough flour to make a dough just sufficiently stiff to roll out as thin as a chamois-skin. Lay this upon shallow tins. Put small lumps of butter over the top; sift sugar over all, and bake in a quick oven about 3 to 5 minutes, or until very slightly browned. Powdered cinnamon may be added to the sugar according to taste. When removed from the oven, and still hot, cut or break into more or less even pieces. As it cools, it will become perfectly firm and crisp.

JUMBLES.

½ pound of butter,
½ " " powdered sugar,
¾ " " sifted flour,
½ nutmeg, grated,
3 eggs,
1 tablespoon of rose-water,

Cream together butter and sugar; beat eggs together; add them to the butter; then add rose-water and nutmeg; lastly, add the flour. Dust the bread-board with granulated sugar; roll out the mixture ⅛ of an inch thick; cut with a round cutter; take the centre out with the top of the pepper-caster; bake these rings in a moderate oven until the edges brown slightly. *Or*, when done, draw the pan to the mouth of the oven; brush over the cake with white of egg and sift with very coarse sugar. If this is done, the cakes should be rolled out on a floured board.

OLD-FASHIONED JUMBLES.

1 pound of flour,
4 yolks of eggs,
⅓ pound of butter,
2 whites of eggs, beaten light,
⅓ pound of sugar.

Mix; roll out very thin on a board covered with granulated sugar; cut in rounds and bake in tins in a quick oven.

COCOA-NUT DROPS.

Equal parts of grated cocoa-nut and granulated sugar,
6 whites of eggs to every pound of the mixture.

Beat the whites to a stiff froth; mix with sugar and cocoa-nut. Drop on buttered tins. Bake in a very moderate oven until very slightly browned.

CRISP COOKIES WITHOUT SODA.

1 pound of sugar,
½ " " butter,
1 pound of flour,
5 eggs,
⅔ grated nutmeg.

Cream the butter and sugar; add yolks. Beat until light. Beat the whites to a stiff froth and beat them in with the flour and nutmeg. Roll thin on a floured board; cut in rounds and bake in a quick oven for about 5 minutes.

WALNUT WAFERS.

2 gills of brown sugar,
2 " " shelled walnuts,
⅓ teaspoon of salt,
3 even tablespoons of flour,
2 eggs.

Beat the eggs together; add sugar, salt, and flour, then the walnuts. If not quite stiff enough, add a little more flour. Drop in small heaps on well-greased paper and bake in a quick oven until brown, about 5 minutes. Excellent.

GINGER SNAPS.

3 pounds of sifted flour,
½ pound of sugar,
1½ ounces of ground ginger,
2 " " " cinnamon,
1 pound of butter,
1 quart of molasses,
3 teaspoons of baking-soda,
2 " " tartaric acid,
2 ounces of ground allspice.

Strain the molasses. Cream together butter and sugar, and add all the other ingredients, the soda dissolved in a few drops of boiling water; add the tartaric acid lastly with the flour. Use as little extra flour for board and rolling-pin as may be convenient. Roll as thin as possible; cut in

rounds and bake in a quick oven 3 to 5 minutes. Do not bake too long, as all ginger snaps easily acquire a burned taste if very much browned. Watch closely, as they scorch easily. The above ginger snaps are recommended, being very delicate, brittle, and at the same time rich.

NOBBY BUNS.

2 pounds of sifted flour, 1 pound of butter,
4 teaspoons of ground cinnamon, 6 eggs,
1¼ pounds of sugar.

Mix the cinnamon through the flour. Work the butter to a cream and mix it with the flour. Beat together sugar and eggs; then mix all as quickly as possible. Handle as little as you can. Have ready flat sheets of tin, well greased. Drop the mixture in rough, jagged heaps by the spoonful, and bake in a moderately-quick oven until the edges and points are nicely browned.

DROP CAKES.

1 pound of flour, less 3 level tablespoonfuls, 5 eggs,
1 " " sugar, ¼ pound of butter,
¼ " " currants, 2 gills of sweet milk,
⅔ teaspoon of soda and 2 teaspoons cream of tartar, or 1½ teaspoons baking-powder.

Sift flour, soda, and cream of tartar together through a fine sieve (or baking-powder, if you use that). Cream together butter and sugar; add a little of the milk and mix. Now add the yolks of eggs and beat well; then add alternately milk, beaten whites of eggs, and flour. Grease flat tins; drop the batter on them in separate spoonfuls. Have the currants cleaned (see receipt To Clean Currants) and sprinkle a few over the top of each cake. Set in a quick oven and bake a rich brown. The cakes will run together, but must be broken apart when taken from the oven. Cool them on a sieve. The batter for this cake is said to keep 1 week in a cool place.

MADELEINES.

½ pound of powdered sugar,
Grated rind of 1 lemon,
½ pound of butter, slightly softened,
½ pound of sifted flour,
4 eggs,
1½ teaspoons of vanilla.

Cream together the butter and sugar; add yolks, lemon rind, and vanilla, and beat hard until very light. Then add flour, and, lastly, the whites beaten to a stiff froth. Mix them in lightly but thoroughly. Butter gem-pans or tin shells; fill ⅓-full of the mixture and bake in a quick oven for about 10 minutes. Watch carefully and brown evenly. Test with a broom-whisp. When it comes out perfectly dry, the cakes are done. Serve as soon as they are cool. If kept until next day, they must be shut in an air-tight tin or stood in the ice-box; but they should be eaten fresh, and will be found most excellent. This receipt will make about 24 small cakes.

QUEEN CAKES.

1 pound of sifted flour,
¾ " " butter,
8 whites of eggs,
1 gill of rose-water,
1 pound of sugar,
6 yolks of eggs,
1 gill of sherry,
½ " " brandy.

Cream the butter and sugar together; beat the yolks to a cream and add them to the butter and sugar. Add wine, rose-water, and brandy. Add, alternately, the whites, beaten to a stiff froth, and the flour. Stir only just enough to mix. Bake in small, greased gem-pans in a moderately-quick oven 10 or 12 minutes. Test with a broom-whisp. When done, cool on an inverted sieve, and ice.

CRULLERS.

4 tablespoons of sugar,
5 " " melted lard (measured when melted),
Sifted flour for soft dough,
Lard for frying,
1 teaspoon of ground cinnamon,
3 eggs,
Powdered sugar.

Beat the eggs together with the sugar and cinnamon; add the lard, and flour enough to make a dough just stiff enough

to roll out ¼ an inch thick; do not add any more than what will enable you to handle it. Cut the paste into narrow strips; tie the strips in bows, or loops, or any shape your fancy may suggest. Have ready on the fire a deep saucepan or kettle with at least 3 inches of melted lard. It should be deep enough to float the crullers, so that they may have space to swell without touching the bottom. Bring it gradually to a boil. Test it (see General Directions for Frying). When certain that it does boil, proceed to fry the crullers. Have at hand a clean skimmer, a large sheet of brown paper on a tin in the open mouth of the oven, and the sugar. When every thing is ready, take a plateful at a time of the crullers; drop them carefully into the lard. Watch them, and turn them over with the skimmer until golden-brown on all sides; then drain them out with the skimmer and lay on the brown paper; as soon as dry, transfer to a platter and powder generously with sugar. Do not let them brown too much in the cooking. If not too stiff with flour, these will be found very light, crisp, and most excellent.

DOUGHNUTS.

1½ cups of sugar,
2 tablespoons of melted lard,
2 teaspoons of baking-powder,
1½ cups of sweet milk,
2 eggs,
Salt and nutmeg to taste.

Mix all together, adding just enough flour to roll out half an inch thick. Cut in rounds with a small tin cutter, and drop into deep boiling lard. See receipt for Crullers, which are cooked in the same way.

CHARLOTTE-RUSSE CAKE.

2 ounces of butter,
2 " " sifted flour,
2 whites of eggs, beaten to a froth,
2 ounces of powdered sugar,
2 yolks of eggs.

Mix, adding the beaten whites of eggs last. Bake in 2 shallow biscuit-tins, the batter being about ½ an inch thick. This is sufficient to line a quart mould of Charlotte Russe.

HENRIETTAS.

3 eggs, beaten whites and yolks apart,
1 scant teaspoon of baking-powder,
¾ cup of milk or cream,
Pinch of ground cinnamon.
1 tablespoon of brandy,
Salt (pinch),

Mix all the above ingredients, and add, lastly, just enough flour to roll out easily. Roll as thin as a wafer; cut 2 x 2 inches square; fry in boiling lard (see General Directions for Frying). When gold-color, drain; sprinkle with powdered sugar and serve for tea.

WASHINGTON PIE.

1 cup of "A" sugar,
3 cups of sifted flour,
1 egg.
1 cup of sweet milk,
1 teaspoon of baking-soda and 2 of cream of tartar, or 2 teaspoons of baking-powder,
1 large tablespoon of butter.

Cream together sugar and butter; add egg; then milk; then flour sifted with the cream of tartar; lastly, soda dissolved in a few drops of boiling water. (Or use instead baking-powder, sifting it with the flour.) Beat hard for 1 or 2 minutes. Bake in jelly-tins in a quick oven 6 to 8 minutes. Fill 2 layers with Custard Filling flavored with vanilla (see receipt); sprinkle with powdered sugar and serve cold. The remaining layers may be filled with jelly, etc., to taste.

HUCKLEBERRY CAKE.

1 gill of butter,
3 teaspoons of baking-powder,
Pinch of nutmeg,
1 pint of huckleberries,
1 cup of "C" sugar,
3 cups of flour, or about,
¾ cup of milk.

Rub together sugar and butter to a cream. Mix in the nutmeg and milk. Now mix some of the flour with the berries; shake until coated, and set aside. Mix the baking-powder with the remaining flour. Add it to the batter. At the last moment stir in the berries, very lightly, not to mash them. Have ready gem-pans greased with lard. Fill

½-full of batter. Set in a moderately-quick oven 20 to 30 minutes. Test with a broom-whisp, and when done serve hot for tea.

CHEESE-CAKES.

1½ cups of cottage cheese,
1 gill of soft sugar,
Juice and grated rind of 1 lemon,
2 tablespoons of cream,
1 teaspoon of melted butter,
3 eggs.

Press the cheese (see Schmier-Käse) through a colander. Beat the eggs together until smooth. Add these and all the other ingredients to the cheese. Beat smooth. Have ready 1 pie-dish or several small patty-pans lined with Flaky Crust or Good Plain Paste (see receipts); fill with the cheese and bake in a quick oven 25 to 30 minutes for the large dish, or 12 to 15 for the small tins.

KAFFEE KUCHEN.

1 pound of risen dough ready for the oven,
4 ounces of sugar,
2 tablespoons of powdered sugar,
2 whites of eggs,
1 egg,
3 ounces of butter,
24 almonds.

Cream the butter and beat it well with the sugar and egg. Work this with the hand into the dough very thoroughly. Set in a warm place to rise. When light, pour it into a small dripping-pan that has been well greased. (When baked, it should not be more than ⅔ of an inch thick.) Let it stand 10 or 15 minutes. Put it in a moderately-quick oven, and while it is baking, prepare the icing. The cake should bake from 20 to 30 minutes, according to the heat of the oven. Blanch the almonds and cut them in little strips. Beat the 2 whites of eggs slightly, then add the powdered sugar by degrees, and beat until stiff and glossy. When the cake is done, draw it to the door of the oven; spread it with the icing; stick it all over with the almonds; or stir them into the icing before spreading it. Leave it in the open oven door until dry; or set it in the oven for 2

or 3 minutes until the almonds are a little browned. Watch it, that it may not scorch.

N. B.—It will be noticed that the icing should be only about ½ as thick of sugar as usual.

APPLE CHEESE-CAKES (ENGLISH).

8 ounces of apple-pulp,
4 ounces of butter, melted,
Rind and juice of 1 lemon,
4 ounces of sifted sugar,
4 eggs.

Pare, core, and boil enough apples to make ½ a pound when pressed through a coarse sieve. Add the sugar, butter, and the eggs, leaving out 2 whites; add the juice and grated rind of the lemon. Stir and mix well. Line small patty-pans with Flaky Crust (see receipt); fill with the mixture, and bake in a quick oven 15 or 20 minutes.

ICINGS AND FILLINGS FOR CAKES.

APRICOT OR PEACH FILLING.

Peel the apricots or peaches, and cut in thin slices; beat the whites of 2 eggs until light; then add gradually 4 tablespoonfuls of powdered sugar and beat hard until it will stand alone. Put a layer of this upon the layer of cake, then a layer of the fruit; another layer of cake on top of this; repeat for as many layers as you have; dust the top with sugar, and serve.

CHOCOLATE FILLING.

Melt 4 ounces of grated chocolate over boiling water. Beat the whites of 2 eggs to a foam; add gradually 4 tablespoonfuls of powdered sugar, beating all the while. Beat until stiff enough to stand alone; then add the chocolate gradually, beating always. Fill the cake with this, and ice the top with Chocolate Icing (see receipt). *Or*, add to the melted chocolate 4 ounces of sugar and 1 teaspoonful of vanilla, omitting eggs.

COCOA-NUT FILLING.

Beat the whites of 2 eggs to a foam; add gradually 4 tablespoonfuls of powdered sugar, and beat until it will stand alone. Spread a layer of this and of grated cocoa-nut between the layers of cake. Finish the top also with a layer of egg and a thick coating of grated cocoa-nut.

LEMON-CUSTARD FILLING.

1 cup of boiling water,
2 heaping teaspoons of corn-starch,
Juice and grated rind of 1 lemon,
1 gill of sugar,
2 eggs.

Bring the sugar, water, and lemon, juice and rind, to a boil. Blend the corn-starch with a few drops of cold water. Stir it into the boiling water and stir while it boils 2 or 3 minutes. Beat the eggs in a bowl, and when the water and lemon are boiling, stir them gradually into the eggs, stirring briskly. If not quite thick enough, set over boiling water, and stir for a few minutes until the eggs set a little. Do not let it boil, or it will curdle. Do not let it thicken too much, as it stiffens when cold.

ORANGE-CUSTARD FILLING.

Proceed exactly as for Lemon-Custard Filling, substituting 1 orange for the lemon.

ALMOND-PASTE FILLING.

½ pound of sweet almonds,
1 ounce of bitter almonds,
Sifted powdered sugar,
White of 1 egg,
Rose-water to taste.

Blanch the almonds and pound to a paste in a mortar, adding now and again a few drops of rose-water to avoid oiling. Mix with an equal weight of sugar. Moisten with the white of egg; allow it to dry slightly, and then spread on thin layers of cake cut into neat shapes; or use as filling for Archangel Cake, etc.

COFFEE FILLING.

Make a cupful of strong black coffee, Mocha and Java mixed; add to this a little cream, about 1 tablespoonful, and ½ a cup of sugar. Bring to a boil and stir into it 2 heaping teaspoonfuls of corn-starch blended with a little cold coffee. Have 2 eggs beaten in a bowl. When the coffee has boiled 3 minutes, stirring all the while, pour it gradually

upon the eggs, stirring briskly. If not quite thick enough, set over boiling water on the fire, and stir until the egg sets a little. Do not boil, or it will curdle. Pour this over the layer of cake, placing another layer on top, and so on. Finish the top with Coffee Icing (see receipt). The custard must not be too thick, as it will harden in cooling.

CUSTARD FILLING.

Proceed exactly as above, substituting milk for coffee, and using any flavoring that may be preferred.

ICE-CREAM FILLING.

2 whites of eggs, 4 tablespoons of powdered sugar, Flavoring.

Beat the whites until only foamy, then beat in the sugar by degrees and beat until smooth, stiff, and glossy. It should be as stiff as méringue, not as stiff as icing. The same may be used for the top of the cake also.

LEMON ICING.

Squeeze and strain the juice of a lemon; stir into it, by degrees, enough sugar to enable you to spread the icing. Having covered the top of the cake, set away for 1 or 2 hours in a cool place. If a deeper icing is required, after the cake has stood for a few minutes, add a second layer. Recommended.

RUM, BRANDY, KIRSCH ICING.

For a moderate-sized cake, take about 1 gill of either of the above; beat in powdered sugar until thick enough to spread. Cover the cake. Set away for 1 or 2 hours in a cool place. If a thicker icing is wanted, after ½ an hour spread a second layer over the first. Recommended.

COFFEE ICING.

Take a gill of very strong, well cleared and strained coffee; stir into it powdered sugar until thick enough to spread.

Cover the cake and set away for 1 or 2 hours in a cool place. If a thicker icing is wanted, add a second layer. Recommended.

ORANGE ICING.

See Lemon and other icings.

EGG ICING.

1 pound of sugar, Whites of 3 eggs,
Flavoring.

Beat the whites only until frothy, not stiff, or the icing will take longer to dry. Add the sugar gradually, beating all the while. Flavor to taste with lemon, orange, vanilla, etc., adding, however, very little liquid, or more sugar will be required. When stiff enough, dip a knife in cold water and smooth the icing over the cake. This is sufficient to cover a good-sized cake.

CREAM ICING.

1 pound of powdered sugar, 1 gill of boiling water,
Whites of 3 eggs.

Boil the sugar and water for 6 minutes, or until it makes a thread when poured from the spoon. While the sugar boils, beat the eggs to a stiff froth. Put them into a bowl, and when the syrup reaches the desired point, pour it in a fine stream upon the eggs while you beat with a Dover egg-beater. When thick enough to spread, dip a knife in cold water and smooth the icing over the cake. It will have to be beaten until almost, if not quite, cold.

WINE ICING.

For a moderate-sized cake, take 1 gill of wine; stir into it enough powdered sugar to make it thick enough to spread; smooth it over the cake and set it away for an hour or more in a cool, dry place. If a thicker icing is required, add a second layer. This system is strongly recommended, as being very simple and a great saving of time. See Lemon Icing, etc.

PASTRY, PIES, AND PUDDINGS.

PUFF-PASTE.

PÂTE FEUILLETÉE.

1 pound of dry sifted flour,
1 egg,
1 pound of freshest butter,
Ice-water, about 1 gill.

As the manipulation of puff-paste is the most important point in its manufacture, it is rather difficult to reach success through a recipe alone ; if you cannot see it made once by a first-class hand, you will have to gain your own experience by patient practice. A receipt can, after all, only give a certain amount of assistance towards success: in this case much depends upon the cook. First of all, the flour must be dry and of the best quality ; the butter should be washed and set away until as cold and firm as ice ; ice-water should be used in the mixing ; it should be made in as cool a place as possible, and rolled on a marble slab. When all is ready, cut the butter in 4 equal parts. Put the flour in a mound in a bowl ; make a hole in the centre, break in the egg and work it in, handling very little and lightly. Add just enough ice-water to make the paste soft enough to roll out. Flour the board and pin with a little extra flour, and roll out the paste quite thin. Take $\frac{1}{4}$ of the butter, break it up in bits ; dot these over the surface of the paste ; dredge them very lightly with a little extra flour, and fold the paste over from the sides to the centre, then in 3. Turn $\frac{1}{3}$-way round and roll this again until quite thin ; add the second $\frac{1}{4}$ of butter broken in bits as before ; dredge with flour ; fold as before and roll always in the same direction—from you ;

dredge again. Repeat this process, turning ¼-way each time, until all the butter is in. After the last rolling, fold it again and cut it with a floured knife into 3 parts. Lay these on plates and set in the ice-box for an hour or more, until perfectly firm. It is now ready for use. For pies, it should be rolled out about ¼ of an inch thick for the top; the edges should have 1 or 2 extra layers of paste. It is best to make the under-crust of Flaky Crust or Good Plain Paste rolled thin, and keep the puff-paste for the upper crust and edges, where it can rise better. This paste does for vol-au-vents, small pâtés, etc., etc. For these latter, it is advisable, when the empty shell is baked, to draw it to the mouth of the oven, brush the top over with beaten egg, and set it back for 1 minute or 2 to brown. The oven should always be very hot and very even for baking puff, or indeed any, paste. Do not set the pie-plate too near the inner, or fire, side of the oven, or it will bake unevenly, one side rising higher than the other.

The raw paste may be kept for 24 hours in the ice-box; but once baked, it must not be placed near the ice, or it will become tough beyond correction.

N. B.—The egg may be omitted if desired, but is considered a good addition.

FLAKY PIE-CRUST.

1 pound of sifted flour, 9 ounces of butter,
7 ounces of good firm lard, ½ teaspoon of salt,
2 gills of ice-water.

This quantity will make 3 pies of ordinary size. Rub the butter and flour lightly but firmly together, being careful to keep the flour always between the lard and the hand. Add the water, mixing with a knife. Place the paste on a floured board, using a very little extra flour; roll it into a thin sheet; dot it all over with ⅓ of the butter; dredge a little extra flour over it, and, with the hands touching as little as possible, roll it up like a sheet of music. Divide it in 2. Divide one of the halves into 3 parts for the bottom crust;

roll these out, and cover the pie-plates. Now roll the remaining paste into a thin sheet. Dot it over with ⅓ the remaining butter; sift a little flour over it; lap the 4 corners toward the centre; roll again thin; dot with the remaining butter; dredge with flour; fold as before, but do not roll out quite as thin. Roll into a thick scroll. To cover each pie, cut ⅛ of the scroll, flour both ends, and roll it on the *end* quite thin. Put 3 thin layers for 1 cover, instead of 1 thick layer, notching the edges together and trimming neatly.

N. B.—Always roll in the same direction—from you. Bake in a quick oven.

GOOD PLAIN PASTE.

1 pound of sifted flour,
½ pound of lard,
5 ounces of flour for board and pin,
½ pound of butter,
2 gills of ice-water,
Pinch of salt.

Sift the flour into a 2-quart bowl. Cut the butter and lard (well iced) through it with a knife into bits about the size of a cherry. Sprinkle the water over all, and mix with a knife, using as few strokes as possible. Flour a space on the board about 24 x 18 inches. Turn out the dough in the centre of the space. Flour the pin, and roll the dough until nearly large enough to cover the floured space. Now sift a *very* thin coating of flour over the whole sheet; fold it in 3, lengthwise and across, making a piece about 8 x 6 inches. Flour the board again. Roll out again; sift with flour, and fold as before; roll a third time; sift again; now roll it like a sheet of music. Cut it across the centre; lay it on a plate in the ice-box for 15 minutes or longer; then it may be used.

POTATO PASTRY.

¼ pound of sifted flour,
3 ounces of butter,
¼ pound of mashed potato,
Pinch of salt,
Ice-water.

Press the potatoes through a colander. Add flour, butter, salt, and mix. Add enough water for stiff paste. Roll out. Use for plain meat-pies, etc.

SUET PASTE.

1 pound of sifted flour,
1 teaspoon of salt,
6 ounces of beef-suet,
1 cup of ice-water.

Remove the fibres from the suet, and chop it very fine. Rub in the flour and salt with the hands. Then add enough water to make a soft dough. Roll out. Use for meat-pies and apple-dumplings.

MINCE-PIE NO. I.

1 fresh tongue, boiled and minced very fine,
3 pounds of suet, well picked over, and laid in cold water,
4 pounds of raisins, stoned, not chopped,
4 " " currants, cleaned (see receipt),
2 pounds of citron, sliced,
1 pound of brown sugar,
1 cup of New Orleans molasses,
1 heaping tablespoon of ground cinnamon,
½ heaping tablespoon of ground cloves,
1 " " " " allspice,
1 nutmeg, grated,
1 pint of cider,
2 quarts of brandy.

Stir all but the brandy together; put it in a crock without the brandy, and leave it for 1 hour in a slow oven. Stir occasionally. Then remove the crock from the oven; stir in brandy enough to make the mixture very soft. Cover closely, and set away. Allow at least 1 month, or if possible 6 weeks, for it to mature, adding a little brandy from time to time, if it dries out at all. Add spice or sugar to taste, as may be required. To make up the pies, add 4 apples, peeled and chopped, to about 1 quart of the mince-meat. These pies have quite a peculiar charm about them, the secret being that the excellent housekeeper who makes them always adds, at the last, some preserved strawberries and candied cherries, with sufficient fresh brandy to make the mince-meat very soft. They have a mellowness of flavor seldom met with in the mince-pies of modern times. The pies should be made up with the very best Puff-Paste, or with Flaky Pie-Crust. The under-crust should be very thin, the edges built up with 1 or 2 extra layers, notched together and trimmed neatly. Bake only until just done, allowing for

their being re-heated when used. To re-heat them, stand them in the open mouth of the oven for 1 hour before serving. Delicious.

MINCE-PIE NO. II.

1 fresh tongue, boiled and minced fine,
4 pounds raisins, stoned,
4 " currants, cleaned,
4 " apples, peeled and chopped,
4 " suet, freed from fibre, and chopped,
2 " brown sugar,
1 pound sliced citron,
1 " candied lemon-peel,
1 bottle good brandy,
Ground cinnamon, " cloves, " nutmeg } to taste.

Mix all together, and set away in stone crocks with close-fitting lids. As the brandy dries off, more may be added. It should stand at least 6 weeks before using; then make up as required, with the best Puff-Paste or Flaky Pie-Crust. See preceding receipt for further details.

PASTRY SANDWICHES.

Roll out some Puff-Paste (see receipt) very thin. Put ½ of it on a sheet of tin; butter it over with strawberry, raspberry, or other fine kind of preserve. Cover this with the other half of the paste; press the edges together; trim neatly, and score the surface in squares with a knife. Bake in a quick oven 15 to 20 minutes until golden-brown. When nearly done, draw to the door of the oven; brush the surface with a little yolk of egg mixed with a few drops of milk; sift powdered sugar thinly over the top, and return to the oven until nicely colored. When cool, cut it in pieces where you have marked it with the knife.

GALETTE.

Roll out some Puff-Paste (see receipt), about ¼ of an inch thick, or a little less. Cut it out in a circle the size of a large jelly-cake tin. Lay it on a sheet of tin; mark the surface diagonally with a knife. Bake in a quick oven 15 to 20 minutes, until gold-color. When nearly done, brush the surface with a little yolk of egg mixed with a few drops of

milk; sift very lightly with powdered sugar, and return to the oven until nicely colored. Serve whole when cold.

Or, roll out some Puff Paste (see receipt), very thin. Lay over it a large jelly-cake tin and cut the paste out in a circle. Butter this over with Custard Filling (see receipt), made a little thicker and flavored with vanilla. Lay over this a second layer of paste cut like the first; press the edges together; score the surface diagonally with a knife. Bake in a quick oven 15 to 20 minutes, until gold-color. When nearly done, brush the surface with a little yolk of egg mixed with a few drops of milk; sift powdered sugar very lightly over the top, and return to the oven until nicely colored. As soon as it is cool, serve immediately. For either of the above, Flaky Pie-Crust (see receipt) may also be used.

OLD-FASHIONED LEMON-CUSTARD PIE.

Juice and grated rind of 3 lemons, 4 whites of eggs,
4 ounces of butter, 1 pound of powdered sugar,
6 yolks of eggs.

FOR MÉRINGUE:

6 whites of eggs, 6 tablespoons of powdered sugar.

Beat the yolks and sugar to a cream; then add the 4 unbeaten whites, 1 at a time, beating the whole very light. Beat the butter to a cream, and add to it the egg-mixture by degrees. Then stand the bowl in a pan of boiling water on the fire, and stir without ceasing until it thickens. Remove from the fire and set away to cool. Line 2 deep pie-dishes with Flaky Pie-crust or Good Plain Paste (see receipts), and bake in a quick oven for 15 minutes. When the crust is baked, remove from the oven and fill with the Lemon Custard, pressing down the bottom crust if it has formed any air-bubbles, or the surface of the pie may be uneven. Now, beat the 6 whites of eggs until foamy; then add the 6 tablespoons of powdered sugar by degrees, beating steadily. After the sugar is in, beat until stiff and glossy. Heap the méringue tastefully on top of the custard; sift over the top

a little granulated sugar, and set in a very quick oven for about 2 minutes, until slightly browned. Watch carefully that it may not scorch or brown unevenly.

CUSTARD PIE.

1 quart of milk, 6 eggs,
1½ gills of sugar, Pinch of salt,
Vanilla or other flavoring to taste.

Line a deep pie-plate with Flaky Pie-Crust or Good Plain Paste (see receipts), rolled thin. Build up the edges with extra rows; trim neatly and bake until pale yellow. Meanwhile, make the custard as follows: Scald the milk over boiling water; beat the eggs together in a bowl; beat the sugar and the flavoring with them. When the milk boils, pour it upon the eggs very gently, and stir until the sugar is dissolved and well-mixed. Pour this into the crust; if the edge is not high enough, add another layer and notch it neatly, wetting it slightly to make it stick. The custard should be fully 1 inch deep. Bake in a moderately-quick oven until the custard sets, which will be from 15 to 20 minutes. If you do not wish to use so many eggs, thicken the boiling milk with 1 level tablespoonful of corn-starch blended with 2 tablespoonfuls of cold milk; bring it to a boil and stir until slightly thickened; pour this over 4 eggs, etc., and finish as above.

PUMPKIN PIE.

To 1 quart of mashed pumpkin allow

1 gill of flour,
1 tablespoon of good liquor,
½ nutmeg grated,
1 heaping teaspoon of ground cinnamon,
½ teaspoon of ground mace,
1 pint of milk and 3 eggs, or 1 quart of milk and 6 eggs,
Good Plain Paste (see receipt),
1 large tablespoon of butter,
1 teaspoon of ground ginger,
½ " " salt,
Sugar to taste,
1 lemon, grated rind,
½ " juice,
¼ teaspoon ground cloves.

Peel and boil the pumpkin, with just enough water to keep it from burning, for about 30 minutes, until tender; drain

very dry and mash it through a colander or coarse sieve. Or it may first be steamed, then mashed. Bring the milk to a boil; blend the flour with a little cold water; stir it into the boiling milk; stir and boil about 3 minutes, until thick. Mix this in a bowl with the pumpkin, while all are hot. Add the spices, sugar, lemon-peel, juice, liquor, etc., and lastly the eggs mixed smooth with a very little cold water. Have your pie-dishes ready lined with very thin paste; add 1 or 2 extra layers to the edges. Pour in the mixture, finish with an edge neatly notched and trimmed. It should be nearly 1 inch deep. Bake 15 or 20 minutes. Draw to the mouth of the oven; brush the edges with a little egg, and return to the oven until nicely browned.

N. B.—The above receipt serves likewise for squash pie.

SWEET-POTATO CUSTARD PIE.

3 good-sized sweet potatoes,
1 cup of milk,
3 tablespoons of powdered sugar,
Grated rind and juice of 1 orange,
1 teaspoon of ground cinnamon,
Butter, size of a walnut,
1 gill of soft sugar,
2 tablespoons of brandy,
3 eggs,
Good Plain Paste (see receipt).

Parboil the potatoes 30 minutes; set away. When cold, peel and grate. Beat together butter, sugar, and yolks of eggs until very light. Add the potato gradually, stirring all the time. Then add all the other ingredients, except the powdered sugar and whites of eggs. Line a deep pie-dish with Good Plain Paste; build up the edges with 1 or 2 extra layers; notch neatly; fill with the mixture. Bake in a moderately-quick oven 30 minutes. Beat the whites of eggs to a foam; add the sifted powdered sugar by degrees, beating all the while. Then beat until stiff and glossy. When the pie is baked, heap the méringue tastefully on the top, sift over a little granulated sugar, and set in a very quick oven for about 2 minutes, until slightly browned. Watch carefully that it does not scorch or brown unevenly.

N. B.—The orange may be omitted if preferred.

There should be about 1 quart of the mashed sweet potatoes for the above.

CURRANT PIE.

Line a pie-plate with Good Plain Paste, or Flaky Pie-Crust (see receipts). Remove the stems from the currants and lay a layer of the fruit in the pie-dish. Cover with a layer of sugar nearly as thick; another of currants and another of sugar. Dredge 1 level tablespoonful of flour over the top; cover with paste; trim and notch the edges; cut an X in the centre of the cover and bake in a moderately-quick oven for about 30 minutes.

Cherry, blackberry, and all small-fruit pies may be made in the same way, with more or less sugar according to the acidity of the fruit. In baking deep pies, put an inverted cup in the middle. (See note for baking fruit pies.)

APPLE PIE.

TOURTE AUX POMMES.

Select sound, tart apples. Peel and core without breaking them. Boil some whole (allowing 4 for each pie) in a stewpan with a little lemon-juice, a strip of the yellow peel, some sugar, and enough water to cover the apples. Cook until they can be pierced easily. Quarter other apples; put them into another stewpan with lemon-juice, peel, and sugar; and put enough water to cover. Stew these to a jam; add a lump of butter and ¼ the bulk of apples in peach marmalade, and rub all through a colander. Line the pie-plates with Good Plain Paste (see receipt). Put on the bottom a layer of the apple jam; set 4 whole apples in each pie; fill the cavities in the apples and the spaces between with peach marmalade. Put strips of good crust ½ an inch wide in a lattice across the top between the apples, and trim the edge neatly with 1 or more layers of paste, neatly notched. Bake in a quick oven about 20 minutes. Watch that it does not bake unevenly. Serve with cream. Recommended.

CRANBERRY PIE.

Line a pie-dish with Good Plain Paste; fill it with raw cranberries; add ½ a cup of molasses and 4 tablespoonfuls of

sugar. Cover with crust. Trim the edges neatly. Bake in a moderately-quick oven 30 minutes. Or, use Flaky Pie-Crust (see receipt).

ORANGE PIE.

1 teacup of sugar,
1 heaping tablespoon of corn-starch,
½ orange-peel, grated,
1 orange, juice,
2 tablespoons of powdered sugar,
1 tablespoon of butter,
1 teacup of boiling water,
1 egg,
Pie-crust (see receipt),
2 whites of eggs.

Rub the butter and sugar to a cream. Blend the corn-starch with a little cold water, and stir it into the boiling water, which is ready in a saucepan on the fire. Stir for 1 minute or 2. Add to this the butter, sugar, and grated orange-peel and juice. Remove from the fire, and stir in 1 egg, which has been mixed smooth with a few drops of cold water. Line a deep pie-dish with Flaky Pie-Crust (see receipt), and bake it. When it is firmly set, and slightly browned, pour in the custard. Return to the oven for 10 or 12 minutes, or until the egg sets. Beat up 2 whites of eggs until foamy; add gradually 2 tablespoonfuls of powdered sugar. Beat until stiff and glossy. When the pie is ready, arrange this over the top; sprinkle a little granulated sugar lightly over all, and set in a quick oven for about 2 minutes, until slightly browned.

LEMON PIE.

Prepare exactly the same as Orange Pie, adding to the orange ½ the grated peel of 1 lemon, and all the juice. An extra egg may be added to the custard with advantage, using in that case the 2 yolks, and reserving the whites for the méringue. If the latter is tastefully arranged, the edge may be decorated with a few glacéd oranges, which will make a very tempting and attractive dessert.

CRANBERRY TART.

1 quart cranberries,
Sugar to taste,
1 cup of water (boiling),
Pie-crust (see receipt).

Bring the cranberries and water to a boil; cook gently; stir frequently, and mash the berries. When they are done, which will be in about 1½ hours, remove them from the fire, and stir in sugar to taste. Line a pie-dish with Flaky Pie-Crust. Pour in the cranberries. Put strips of crust in a lattice over the top; arrange the edge neatly, and bake for about 15 minutes. Brush the top of the crust with yolk of egg and milk, and return to the oven until nicely browned.

PEACH TART.

TOURTE AUX PÊCHES.

1 pound of sifted flour,
Yolks of 2 eggs,
1 gill of ice-water,
¾ pound of fresh butter,
1 tablespoon of sifted sugar,
Peaches.

Rub the butter into the flour and sugar; add the yolks of eggs, and mix well with a knife. Then add just enough ice-water to make a paste that will roll out. It must be a firm paste, rather dry. Be careful that the flour is dry, and the butter cold. Roll out the paste about ⅛ of an inch thick. Line with it a pie-dish, at least 1 inch deep, with straight sides. Trim the edges neatly, and bake the empty crust in a quick oven for 10 or 12 minutes. Have already prepared the peaches, peeled, halved, and stewed until transparent, with sugar, allowing about ¾ of a pound of sugar to 1 pound of fruit. When the tart is to be served, fill it neatly with the peaches, lapping the halves one over another; pour some of the syrup over, and serve with a pitcher of cream. The peaches should not be allowed to stand long in the crust, or its crispness will be destroyed. The crust should be firm, brittle, and crisp, not flaky.

STRAWBERRY TART.

TOURTE AUX FRAISES.

Proceed as above, using strawberries instead of peaches.

PINE-APPLE TART.

TOURTE À L'ANANAS.

Proceed as above, using sliced and stewed pine-apple instead of peaches.

STRAWBERRY SHORT-CAKE.

1 quart of sifted flour,	1 teaspoon of salt,
4 ounces of butter,	Sugar,
2 teaspoons of baking-powder,	Milk,
2 quart boxes of strawberries,	Cream.

Stem the berries; slightly mash them, and sweeten them to taste. Set aside. Rub the butter into the flour, having sifted the latter with the baking-powder; add salt; then add sufficient milk to make a dough soft enough to roll out easily. Mix quickly and lightly. Flour the board and pin. Roll out the paste $\frac{3}{4}$ of an inch thick. Divide in 2 parts. Lay 1 layer of this in a large baking-pan. Dust the top with flour and lay a second layer of the paste over this. Set in a quick oven and bake about 20 minutes. When done, take a knife and carefully separate the 2 layers of cake. Set 1 on a platter; spread it thickly with butter, then with a layer of berries, well sugared; lay on this the second layer of cake, the rest of the berries and sugar. Stand it in the open mouth of the oven until ready to send to table, and serve with a pitcher of rich cream.

RASPBERRY SHORT-CAKE.

Proceed exactly as for Strawberry Short-Cake, substituting raspberries.

PEACH SHORT-CAKE.

Proceed as for Strawberry Short-Cake, substituting peaches.

CREAMED APPLE-TART.

1 pint of apples, pared and cored,
½ teaspoon of grated lemon-peel,
1 tablespoon of lemon-juice,
2 ounces of brown sugar,
½ pint of boiled custard,
Puff Paste or Flaky Pie-Crust.

Line a deep pie-dish with pastry; fill it with the apples, sliced; add sugar, lemon-peel and juice, and 2 or 3 tablespoonfuls of cold water. Cover with crust; trim and notch the edges neatly. Bake in a hot oven 30 to 45 minutes. Be careful not to brown too much. When the tart is baked, cut out evenly a round piece from the centre of the top; fill in the custard level with the top; grate a little nutmeg over the custard. Serve very cold. This is an old-fashioned dish.

BROWN BETTY, OR PAN-DOWDY.

1 large cup of grated bread-crumbs,
6 or 8 sliced apples,
½ cup of molasses,
Sugar.
Butter,
Spices,
½ cup of cold water,

Take a pudding-dish; lay on the bottom a layer of apples; over this a layer of stale, grated bread-crumbs, just thick enough to cover the apple; add little lumps of butter, sugar, and a pinch each of cloves, allspice, and twice as big a pinch of cinnamon. Then begin again with the apples, crumbs, etc., and continue till the dish is filled, ending with a thick layer of bread-crumbs and lumps of butter. Then, with the blade of a knife, make a space on 4 sides, between the dish and the pudding, and pour in ½ a cupful of molasses and same quantity of cold water. This is the allowance for a quart dish. Smooth the spaces over. Set the dish in a pan into which pour boiling water to ½ the depth of the pudding-dish. Bake for ¾ of an hour, or until a broom-whisp can be easily introduced into the apples. Be generous with the butter, and bake well, and this pudding will be a success. Eat hot with cream. It is also good eaten cold.

Raisins and citron added to each layer make this richer, but less digestible.

SPICED APPLE PUDDING.

3 cups of bread-crumbs,
1 cup of sugar, "A" or "C",
¼ pound of stoned raisins,
2 tablespoons of brandy,
½ teaspoon of ground cloves,
3 cups of chopped apples,
1 pint of milk,
¼ pound of citron (or not),
1 tablespoon of ground cinnamon,
1 teaspoon of mace,
3 eggs, beaten, whites and yolks apart.

Scald the milk. Stir in the crumbs and scald for 1 or 2 minutes. Remove from the fire. Mix together all the ingredients, adding lastly the whites beaten to a stiff froth. Butter a pudding-dish; fill with the batter and bake for about 40 minutes in a moderately-quick oven. Watch that it does not brown unevenly. Serve with Custard Sauce or other (see receipts for pudding sauces).

BLACKBERRY PUDDING, BAKED.

¼ pound of butter,
½ " " flour,
1 pound of brown sugar,
4 eggs.
1 quart of berries, not too ripe.

Cream the sugar and butter. Add the yolks of eggs. Beat until very light. Beat the whites to a stiff froth; add them and the flour alternately. Have ready a buttered pudding-dish. Stir the blackberries quickly and lightly into the batter. Fill the dish ¾-full of the mixture. Bake for 1 hour and 15 to 30 minutes in a moderately-quick oven. Watch that it does not scorch or bake unevenly. Serve hot with Hard or Wine Sauce. Excellent.

BLACKBERRY PUDDING, BOILED.

1¼ pounds of sifted flour,
2 gills of chopped suet,
2 " " milk,
1 quart of blackberries,
2 gills of molasses,
2 " " brown sugar,
1 teaspoon of soda dissolved in 1 tablespoon of boiling water.

Mix together the suet, milk, molasses, and sugar. Add ½ the flour, then the soda; mix well; then add the rest of the flour and the fruit. Fill a greased mould ⅔-full of the mix-

ture. Leave plenty of room for the pudding to swell. Have ready a pot of boiling water; cover the mould tightly and put it into the kettle of boiling water. Boil without interruption for 3 hours and 30 minutes; or steam over the water 4 hours. For boiling, cover the mould tightly; it may be steamed in a bowl. Serve with a Pudding Sauce (see receipts). If any is left cold next day, it may be sliced and fried in butter.

HUCKLEBERRY PUDDING.

Proceed as directed for Blackberry Pudding, Boiled, substituting huckleberries.

DRIED-PEACH PUDDING, BOILED.

¾ pound of sifted flour,
3 gills of beef suet,
1 pint of dried peaches,
1 teaspoon of salt,
Cold water.

Chop the peaches and suet. Mix them with the flour and salt. Add just enough water to keep the ingredients together in as stiff a batter as can be easily stirred—almost as stiff as dough. Tie it in a floured pudding-bag, leaving plenty of room to swell. Have ready boiling a large pot of water, and drop the pudding into it. Boil without intermission about 4 hours. Or, tie in the bag and steam for the same length of time. Serve hot with Wine or Lemon Sauce (see receipts).

CABINET PUDDING.

3 tablespoons of sugar,
1 pint of milk,
Raisins,
Cake,
3 yolks of eggs,
Pinch of salt,
Citron,
1 ounce of candied peaches or apricots.

Butter a quart mould well. Line the bottom with raisins, stoned, and citron and apricots cut in fancy shapes. Cover with slices of stale cake; add more raisins, citron, and apricots, alternating with cake, until within 1½ inches of the top.

Scald the milk. Beat to a cream the sugar and eggs. Pour the boiling milk carefully upon the eggs, stirring briskly. Add vanilla or rum to taste. Pour this into the mould over the cake. Cover. Set the mould in a pan; pour cold water into the pan to ½ the height of the mould. Put the pan on the range until the water comes to a boil; then put the pan into the oven and bake the pudding 1 hour. When done, turn the pudding out of the mould and serve with Wine Sauce (see receipt).

JIM CROW.

Put New Orleans molasses in a frying-pan and let it boil until it thickens—about 6 minutes. It should be ½ an inch deep. Have ready buttered slices of bread, without crusts; cut them in square or oblong pieces. Lay them in the boiling molasses until crisp. Drain and serve hot.

BEAULIEU PUDDING.

1 lemon,
2 ounces of Candied Lemon-Peel,
6 bitter almonds, shredded,
10 sweet " "
3 ounces of sugar,
6 " " butter,
6 " " sifted flour,
4 eggs.

Cream the butter and sugar; add yolks of eggs and beat very light. Beat the whites to a stiff froth. Add to the sugar the lemon-peel cut fine (see receipt), the almonds, the juice and grated rind of the lemon. Lastly add the whites alternately with the flour. Mix carefully. Have ready buttered gem-pans; fill these ¾-full with the mixture, and bake 20 to 30 minutes in a moderately-quick oven. When firm, serve turned out on a cut paper. Serve at the same time, in a sauce-boat, a Brandy Sauce or other (see receipts).

ROYAL COBURG PUDDING.

1 pint of new milk,
6 ounces of sugar,
6 " " currants,
Grated nutmeg,
6 ounces of flour,
6 " " butter,
6 eggs,
Brandy to taste.

Mix together the flour and cold milk until smooth; stir in the remaining ingredients gradually, first creaming the butter and sugar together. When well mixed and smooth, fill 4

small pudding-moulds or bowls ½-full. Bake 45 minutes. Turn the puddings out on a cut paper and serve with Wine or Brandy Sauce (see receipts) in a sauce-boat.

RICE CREAM PUDDING.

RIZ À LA CRÈME.

1 cup of freshly-boiled rice, hot,
¾ " " sugar,
2 tablespoons of powdered sugar,
Flavoring to taste,
3 cups of milk,
1 tablespoon of corn-starch,
2 eggs.

Blend the corn-starch with a little of the cold milk; then add the rest of the milk to it. Stir in the yolks of eggs and sugar beaten together. Set this over the fire in a farina-kettle; stir, and, when hot, add the hot rice. Stir it carefully over the fire until it begins to thicken like boiled custard; then remove it from the fire and add flavoring, vanilla and lemon, to taste. Pour it into a pudding-dish and set it in a moderately-hot oven. Beat the whites of the eggs to a foam, then add 2 tablespoons of powdered sugar and beat until stiff and glossy. When the pudding is nicely browned (about 25 to 30 minutes), spread the méringue over the top, sprinkle lightly with granulated sugar, and return to the oven to brown slightly. The oven should be very hot for the méringue, or it will fall. If it is not convenient to heat up the oven to the degree required for this, heat the kitchen shovel red-hot and hold it over the top of the méringue until sufficiently browned. Serve very cold.

N. B.—If the receipt is carefully followed the pudding will be very creamy.

RICE PUDDING NO. I.

RIZ AU LAIT.

3 tablespoons of rice, well washed,
3 " " "C" sugar,
Stick of cinnamon,
3 pints of milk,
Small lump of butter,
Pinch of salt.

Three quarters of an hour, oven door closed.

Two and one quarter hours, oven door open.

Stir every time a top forms, until about 30 minutes before it is to be done.

RICE PUDDING NO. II.

RIZ AU LAIT.

1 cup of rice, well washed,	2 quarts of milk,
8 tablespoons of "C" sugar,	Butter,
Pinch of salt,	Vanilla to taste.

To make the rice pudding creamy, open the oven door at intervals and stir down the top that forms until within about 30 minutes of the time when it is to be done; then let it brown nicely. Remove it from the oven before it gets firm, as, in cooling, it becomes very much firmer. The time is about 3 hours as in above receipt, but must be governed by the quality of the oven, which should be slow.

RICE AND PEACH PUDDING.

Boil some rice (see receipt); drain; add just enough boiling milk to cover, and let it stew until the milk is absorbed; or boil the rice in milk. It should be well moistened with milk when prepared as follows: Stir into it sugar to taste, and 1 ounce of butter. When hot, stir in quickly 2 beaten eggs. Butter a plain pudding-mould; cover the bottom with bread-crumbs. Put in a layer of rice ½ an inch deep; then a layer of peaches, peeled and stoned; sift with sugar; then begin with another layer of rice; cover with another of peaches and sugar, and so on until the mould is filled, finishing with a layer of rice. Bake in a moderately-quick oven 30 to 40 minutes, if you use raw peaches; 15 or 20, if canned; or preserved. When done, turn the pudding carefully out of the mould on a cut paper, and serve with Maryland Sauce (see receipt).

BAKED ROLY-POLY.

Make a rich Biscuit dough (see receipt). Roll out about ½ an inch thick; spread thickly with jam or stewed fruit. Roll in a scroll; lay it in a long, tin loaf-pan with the lap uppermost, and bake about 30 minutes in a moderately-quick oven. Serve with Hard Sauce.

BOILED ROLY-POLY.

Prepare as above. Tie in a well-floured cloth and boil without intermission for about 3 hours. Or, it may be steamed. Serve with Hard Sauce or other (see receipts).

HUCKLEBERRY ROLY-POLY.

Prepare exactly as for Boiled Roly-Poly, laying a thick layer of huckleberries, covered with sugar, on the biscuit-crust; roll and finish as directed. Serve with Hard Sauce (see receipt).

COTTAGE PUDDING.

1½ cups of sifted flour,
2 eggs, beaten, whites and yolks apart,
1 cup of sugar,
1 tablespoon of butter,
1 gill of milk,
1 teaspoon of Royal baking-powder, or 1 of cream of tartar, and ½ of soda.

Cream together butter and sugar; add yolks and milk, sift the baking-powder with the flour; add this, then lastly the whites beaten to a stiff froth. Bake in a round, greased tin for 30 to 45 minutes in a moderately-quick oven. Test with a broom-whisp. If dry, the pudding is done. Turn it out of the mould on a cut paper, and serve with Wine or Brandy Sauce (see receipts).

PRUNE PUDDING.

Proceed as for Amherst Pudding (see receipt), substituting ½ pound of prunes and ½ pound of currants well cleaned, for the raisins. Recommended.

SWEET-POTATO PUDDING.

½ pound of sweet potatoes,
Juice and grated rind of 1 lemon,
Juice " " " 1 orange,
¼ teaspoon mace,
1 even teaspoon of ground cinnamon,
½ teaspoon of salt,
8 ounces of sugar,
6 " " butter,
2 tablespoons of brandy
8 eggs,
1 gill of sherry.

Peel the potatoes and grate them raw. Cream together butter and sugar. Beat the eggs all together until extremely

light; add them to the butter and sugar, with all the ingredients. Beat well. Butter a pudding-dish; fill it not more than ¾-full of the mixture, and bake in a moderately-quick oven for 45 minutes. Serve hot or cold with a sauce (see receipts).

MINUTE PUDDING.

1 quart of milk,
1 pint of flour, or about,
Butter, size of a hickory-nut,
Pinch of salt,
2 eggs.

Beat the eggs well together; mix with these the flour and enough cold milk to make a smooth batter. Put the remainder of the milk in a saucepan with the butter and salt. When it boils, stir in the flour and eggs; stir and boil for 5 minutes or more, until of the consistency of corn-mush. Serve hot with sweetened milk. *Or*, pour in a dish, set away, and serve icy cold, with Custard Sauce flavored with vanilla (see receipt). Excellent for children's dinner.

BAKED BATTER PUDDING.

16 tablespoons of sifted flour,
1 quart of milk,
½ teaspoon of salt,
4 eggs, the whites beaten to a stiff froth.

Stir into the milk the yolks of eggs well beaten; stir these into the salt and flour. Then beat in the whites of eggs. When perfectly free from lumps, bake in large patty-pans, or in 1 shallow pudding-dish. The dish should be well heated and buttered. Bake about 25 minutes in a very hot oven. It should rise very high, and form a good, firm crust. The length of time for baking depends very much upon the size and depth of the dish, as well as upon the quality of the oven; but observe, that the top must be a firm crust, or it will fall too quickly. Serve *immediately* with Hard Sauce or with Strawberry Sauce (see receipts).

CHERRY PUDDING.

2 eggs,
3 teaspoons of baking-powder,
Flour for stiff batter,
1 cup of sweet milk,
Cherries.

Mix together all the ingredients to a stiff batter, stirring the milk into the flour; then stir in as many cherries as the

batter will hold. Boil or steam 2 hours or more in a greased mould, filling the mould not more than ½-full, and covering; or boil in a floured pudding-bag, leaving plenty of room to swell. The pudding must boil without intermission or it will be heavy. Serve with Hard Sauce or other (see receipts). Any small fruit may be used in the same way.

COCOA-NUT PUDDING NO I.

1 cocoa-nut, grated,
Milk of the cocoa-nut,
5 eggs,
1 ounce of butter,
Flaky Pie-Crust,
1 quart of milk,
1 cup of sugar,
2 tablespoons of rose-water,
Pinch of salt.

Boil the milk and pour it upon the grated cocoa-nut and its milk. Beat the sugar with the eggs. Add the above to them; then add salt and flavorings. Stir. Bake in a buttered dish with an edge of pie-crust, 20 to 30 minutes. You may substitute cream for the milk, and add 3 more eggs, if preferred.

COCOA-NUT PUDDING NO. II.

1 pound of grated cocoa-nut,
3 stale rusk or small sponge-cakes,
8 ounces of powdered sugar,
8 ounces of butter,
6 eggs,
1 gill of white wine.

Grate the cocoa-nut, which you have peeled and thrown into cold water. Grate or roll the rusk or cakes. Beat to a cream the butter and sugar. Add the wine. Beat the eggs, whites and yolks together, until very light, and stir them gradually into the butter and sugar in turn with the rusk and cocoa-nut. Having beaten the whole together very hard, put it into a buttered pudding-dish, and bake in a moderately-quick oven 30 minutes. Delicious.

POTATO PUDDING.

8 ounces of potatoes,
2 stale sponge-cakes, grated,
8 ounces of sugar,
Pinch of mace and cinnamon,
Grated nutmeg,
4 ounces of butter,
5 eggs,
Rose-water and brandy, 1 gill, mixed,
Grated orange-peel,
½ gill sherry.

Peel and boil the potatoes. Mash through a colander. While hot, mix in the butter, and beat light. Beat the eggs

together, and add them to the potatoes with the sugar and flavorings to taste. Put in a pudding-dish with or without an edge of pastry. Bake for about 30 minutes in a moderately-quick oven.

CHOCOLATE PUDDING.

¾ cup of powdered cracker,
Pinch of salt,
3 ounces of chocolate, grated,
1 quart of milk,
¾ cup of butter,
Whites of 3 eggs,
3 yolks of eggs,
¾ cup of sugar,
1 cup of powdered sugar and 3 whites of eggs for méringue.

Soak the cracker-crumbs in water for a few minutes, then squeeze them out thoroughly. Dissolve the chocolate in a little of the milk. Add the other ingredients. Pour into a buttered dish and bake 15 to 20 minutes in a quick oven. When cold, put the méringue over the top and set in a very hot oven about 2 minutes, or just long enough to brown the egg very slightly.

NOTE.—To make the méringue, beat the whites to a foam; then add the sugar and beat until stiff and glossy.

AMBER PUDDING.

1 pound of sugar,
2 lemons, juice and grated rind,
3 ounces of butter,
9 eggs.

Cream the butter and sugar; then add the yolks and lemon. Beat very light. Beat the whites of eggs to a stiff froth, and mix into the batter with as few strokes as possible. Have ready deep pie-plates lined with Flaky Pie-Crust or with Good Plain Paste (see receipts); pour in the mixture, and bake in a moderately-quick oven for about 30 minutes. Watch carefully that they do not scorch or bake unevenly. To be eaten cold.

INDIAN PUDDING.

1 quart of milk,
7 tablespoons of sifted corn-meal,
1 teaspoon of ground ginger,
2 gills of molasses,
1 teaspoon of salt.

Scald the milk. Remove from the fire. Stir it into the corn-meal; stir over the fire 10 minutes, then add salt,

molasses, and ginger. Mix well. Pour into a buttered pudding-dish. Bake in a very moderate oven 45 to 60 minutes.

OLD-FASHIONED INDIAN PUDDING.

1 cup of Indian meal,
4 eggs, beaten light,
1 tablespoon of molasses,
Peach- or rose-water,
4 ounces of butter, melted,
Sugar to taste,
A few currants, well cleaned,
Cinnamon or orange-peel.

Mix the meal smooth in cold water; add the other ingredients. Flavor to taste. Butter 2 fire-proof pudding-dishes (not deep). Pour in the mixture and bake 1 hour or more. This quantity is sufficient for 2 puddings.

BAKED ORANGE PUDDING NO. I.

2 large oranges,
8 ounces of powdered sugar,
1 stale small sponge-cake,
8 ounces of butter,
1 gill of mixed wine and brandy,
6 eggs.

Grate the rind and squeeze the juice of the oranges, removing the pips. Rub the butter and sugar to a cream; add the wine. Beat the whites and yolks of the eggs together very light; add them gradually to the mixture. Have ready a buttered pudding-dish edged with Flaky Pie-Crust or Good Plain Paste (see receipts) neatly notched. The cake may be rolled and added to the mixture, but it will make it a little less rich. Fill the pudding-dish with the mixture, and bake in a moderately-quick oven for 30 minutes. When cool, sift powdered sugar over the top and serve.

BAKED LEMON PUDDING NO. I.

Proceed exactly as above, using lemons instead of oranges. Delicious.

BAKED ORANGE PUDDING NO. II.

8 ounces of sugar,
2 oranges,
4 ounces of butter,
6 eggs.

Grate the rind of the oranges and squeeze the juice. Cream together butter and sugar; beat in the yolks of eggs

one at a time; then add the orange rind and juice. Beat the whites to a stiff froth. Have ready a deep pie-dish lined with Flaky Pie-Crust or Good Plain Paste (see receipts). Beat the whites into the batter with a few long, slow strokes. Pour the mixture into the pie-dish, and bake in a moderately-quick oven for 20 to 25 minutes.

BAKED LEMON PUDDING NO. II.

Proceed exactly as for Baked Orange Pudding No. II., using lemons instead of oranges.

BOILED ORANGE PUDDING.

4 ounces of macaroons,
1 gill of sugar,
Grated rind of 1 orange,
1 pint of milk,
4 eggs,
Juice of 2 oranges.

Soak the macaroons in the milk until soft. Beat the eggs and sugar together until well mixed, then add to them the milk, and beat until smooth. Add the orange-juice and rind. Butter a pudding-mould; fill ⅔-full of the mixture; cover closely and put into a pot of boiling water. Boil without interruption for 1 hour. Serve with Orange or other Pudding Sauce (see receipts).

BOILED LEMON PUDDING.

Proceed as for Boiled Orange Pudding, substituting juice and grated rind of 1 lemon. Serve with Lemon Sauce (see receipt).

PLUM-PUDDING.

2 eggs, beaten, whites and yolks apart,
1 teaspoon of ground cinnamon,
1 " " " allspice,
2 cups of bread-crumbs,
1 cup of dark N. O. molasses,
1 " " cleaned currants,
1 cup of flour,
1 " " milk,
1 " " suet,
1 gill of citron, sliced,
1 cup of stoned raisins,
½ teaspoon Royal baking-powder.

Clean the Currants (see receipt). Wet the crumbs in the milk, then add yolks and all other ingredients, straining the

molasses, and sifting together flour and baking-powder. Add beaten whites last. Fill a well-greased pudding-mould (or tin kettle with a cover) not more than ⅔-full. Fit the cover on tightly, and boil in a large pot of boiling water without intermission for 3 hours and 30 minutes. When ready to serve, put a sprig of holly in the top; pour a little brandy over the pudding, and, at the moment of serving, set fire to it. Serve with Wine or Brandy Sauce (see receipts).

ENGLISH PLUM-PUDDING.

1 pound of stoned raisins,
¼ " " stale bread-crumbs,
1 lemon, grated rind,
1 pound of currants, well-cleaned,
2 gills of brandy,
1 pound of suet, chopped fine,
4 ounces of brown sugar,
4 " " sifted flour,
½ nutmeg, grated,
5 eggs,
8 ounces minced candied orange-peel.

Clean the currants (see receipt); stone the raisins. Mix all the dry ingredients together. Beat together eggs and brandy; pour them over the rest and mix thoroughly. Pack in greased moulds or kettles; cover. Put into a pot of boiling water and boil *without intermission* 6 hours. This will make about 6 pounds. The day it is required for use, boil again for 6 hours. When serving, pour brandy over the pudding, set fire to it, and serve it while blazing. Serve with Brandy Sauce.

AMHERST PUDDING.

1 cup of suet, chopped fine,
1 " " milk,
1 " " raisins, stoned and chopped,
3½ cups of sifted flour,
1 heaping teaspoon of baking-soda,
1 cup of molasses, strained,
1 gill of citron, sliced,
1 " " currants, well cleaned,
Spices to taste,
1 saltspoon of salt,
1 heaping teaspoon of baking-powder.

Mix all together, adding last the flour sifted with the baking-powder, and the soda dissolved in a few drops of boiling water. Beat until very light. Grease a mould or tin kettle; fill not more than ⅔-full of the mixture. Fasten the cover on firmly. Have ready a large pot of boiling water;

place the mould in this and boil *without intermission* for 4 hours and 30 minutes to 5 hours. If the boiling is checked, the pudding will be heavy. *Or*, tie in a well-floured bag, leaving plenty of room to swell, and boil about 4 hours. Serve with Hard Sauce. The pudding may be also eaten with molasses. If any is left cold the next day, it may be sliced, fried brown in hot butter, and eaten with molasses for luncheon. Recommended.

SUET PUDDING.

1 small cup of suet, chopped fine,	1 cup of molasses,
1 cup of chopped and seeded raisins,	1 " " sour milk,
1 teaspoon of soda,	Ground spices to taste,

Flour for thick batter, about 3½ cups.

Mix. Add last the teaspoon of soda dissolved in a few drops of boiling water; beat well. Tie in a floured bag, leaving room to swell to double its bulk. Put into a large pot of boiling water and boil *without intermission* for 3 hours and 30 minutes. Serve with Hard Sauce (see receipt) or with molasses.

SPICE PUDDING.

1 cup of molasses,	1 gill of melted butter,
1 " " milk,	1 " " wine,
3½ cups of sifted flour,	Pinch of salt,
1 teaspoon of baking-soda,	1 teaspoon of baking-powder,
1 " " ground cinnamon,	1 nutmeg, grated,

⅓ teaspoon of ground cloves.

Dissolve the soda in 1 tablespoonful of boiling water; stir it into the molasses; add the melted butter, then the milk and flour sifted with the baking-powder. Add salt, spices, and wine. Beat until smooth. Grease a pudding-mould or tin-kettle with a cover. Fill ⅔-full. Cover. Set in a pot of boiling water and boil *without intermission* for about 4 hours. *Or*, tie in a floured cloth, leaving room to swell, and boil about 3 hours. Serve with Lemon Sauce (see receipt).

OLD-FASHIONED APPLE PUDDING.

4 large tart apples,
1 teaspoon of ground cinnamon,
1 saltspoon of salt,
4 ounces of stale bread-crumbs,
½ nutmeg, grated,
4 eggs.

Pare and chop the apples fine; mix with the crumbs. Beat whites and yolks of eggs apart until very light. Add to the crumbs, yolks, salt, cinnamon, and nutmeg; then stir in the whites carefully. Mix. Boil in a well-greased mould, covered, for 3 hours. Serve hot, with Custard, Wine, or Lemon Sauce (see receipts). For detailed directions for boiling, see receipt for Amherst Pudding.

BOILED APPLE-DUMPLINGS.

1 quart of sifted flour,
1 large tablespoon of butter or lard,
2 heaping teaspoons of baking-powder,
1 teaspoonful of salt,
2 gills of milk,
Apples.

Pare and core the apples. Have ready a pot with about 3 inches of water. *Or*, if you prefer to steam them, have the pot ½-full of boiling water; place the steamer over it. Now mix together the flour and butter or lard, then add salt and baking-powder. Moisten with milk enough to make a soft dough, which can be easily rolled out without sticking. Roll out about ½ an inch thick; cut out the dumplings the size of a breakfast plate. Put 1 apple in the centre of each piece of dough; fill the space of the core with sugar and a little cinnamon, and draw the dough neatly over the apple. To boil them, tie each in a floured cloth, leaving plenty of room to swell; put them into the kettle of boiling water, and boil 30 minutes without ceasing. *Or*, set on a tin plate over the steamer and cook 40 minutes. Serve hot with Hard Sauce (see receipt).

FIG PUDDING.

Proceed as for Amherst Pudding, substituting 1 pound of figs cut in pieces for the raisins and currants.

DATE PUDDING.

Proceed as for Amherst Pudding, substituting 1 pound of dates, stoned and cut in pieces, for the raisins and currants.

PUDDING SAUCES.

WHIPPED-CREAM SAUCE.

1 pint of Whipped Cream (see receipt),
Powdered sugar,
Whites of 2 or 3 eggs,
Vanilla, wine or rum.

Flavor the whipped cream with vanilla, rum, or wine. Sweeten to taste with powdered sugar. Beat the whites of eggs to a very stiff froth; then beat all together. Serve with Plum-Pudding Glacé, Blanc-Mange, etc., etc.

GOLDEN SAUCE.

Yolks of 2 eggs,
1 whole egg,
Lemon-juice,
1 gill of sugar,
1 gill of sherry.

Beat the eggs with a scant gill of soft sugar in a small saucepan until creamy. Then set the saucepan in a kettle of boiling water on the fire. Beat the eggs quickly and steadily while you pour in very gradually 1 gill of sherry. Stir until the sauce thickens to a cream; then remove from the fire; add a squeeze of lemon-juice strained, and serve hot.

VELVET SAUCE.

¼ cup of butter,
1 heaping teaspoon of corn-starch,
1 gill of boiling water,
1½ cups of powdered sugar.

Beat the butter to a cream. Add the sugar and continue to beat for 2 or 3 minutes. When the water boils, stir in the corn-starch blended with a very little cold water. Stir and boil 2 or 3 minutes, until transparent. Just before

serving, stir this into the butter and sugar, and flavor with brandy, rum, maraschino, lemon-juice, or extract of vanilla. Serve hot.

SILVER SAUCE.

3½ cups of water, Flavoring,
Butter the size of a walnut, 1 cup of sugar,
1 tablespoon of corn-starch.

When the water boils, stir in corn-starch blended with a very little cold water. Add the sugar and stir constantly until the corn-starch has boiled about 3 minutes, until transparent. If cinnamon-stick or lemon-peel are used for flavoring, they should boil in the sauce at the same time. Remove the saucepan; add butter and flavoring to taste. Strain out the peel or cinnamon-stick, and serve hot.

STRAWBERRY SAUCE.

1 gill of butter, 2 gills of sugar (1 cup),
1 cup of ripe strawberries, mashed, 1 white of egg.

Cream together butter and sugar; add the white of egg beaten to a very stiff froth and the strawberries thoroughly mashed. When well beaten together, serve cold.

CARAMEL SAUCE.

6 ounces of granulated sugar, 2 cloves,
1 stick of cinnamon, 2 gills of boiling water,
Lemon-peel.

Put these together on the fire and boil 10 minutes. To make the caramel, put 2 ounces of granulated sugar dissolved in 1 tablespoonful of boiling water on a moderate fire and boil 10 minutes, stirring until it becomes light brown. Strain the sauce over the caramel; boil up once. Remove from the fire; add 3 tablespoonfuls of sherry, and serve hot.

CUSTARD SAUCE.

1 pint of new milk, 1 gill of sugar,
3 eggs, Flavoring.

Boil the milk. Beat eggs and sugar together in a bowl to a cream. Pour the boiling milk very slowly upon the eggs,

stirring very briskly. When thoroughly mixed, strain it back into the saucepan; set this over boiling water on the fire and stir until it thickens, but do not boil or it will curdle. Flavor to taste. Serve very cold.

BRANDY SAUCE.

4 tablespoonfuls of butter,
1 cup of powdered sugar,
1 gill of brandy,
1 " " boiling water,
Whites of 2 eggs.

Cream together butter and sugar. Beat until very light. Add the whites 1 by 1, beating steadily. When required, add the brandy and boiling water; set the bowl in boiling water (*bain marie*) over the fire and stir until creamy. Serve hot.

HARD SAUCE.

¼ cup of butter,
1 teaspoon of vanilla,
Whites of 2 eggs,
1 cup of powdered sugar,
1 tablespoon of brandy or rum.

Beat the butter and sugar to a cream. Add the whites of eggs 1 by 1, and beat until very light, then add by degrees the flavorings, beating steadily. Arrange neatly in a small mound; sprinkle with grated nutmeg, and set in the ice-box to harden.

PLAIN HARD SAUCE.

May be made with butter and sugar alone, in above proportions, using "A" sugar in preference. Add 1 tablespoonful of rum or lemon-juice and a little nutmeg. Set away on the ice to harden.

LEMON SAUCE.

1 tablespoon of corn-starch,
1 " " butter,
1 pint of boiling water,
1 gill of sugar,
1 egg,
1 lemon.

Beat together in a bowl the corn-starch, egg, butter, and sugar. When thoroughly mixed, pour slowly over them the boiling water, stirring steadily; set on the fire over a sauce-

pan of boiling water, and stir until thick (about 3 minutes). Taste to see if the corn-starch is sufficiently cooked. Remove from the fire and add the juice and grated rind of 1 lemon. Serve hot. *Or*, blend the corn-starch with a little cold water, stir it into the boiling water, and continue to stir until thick and transparent. Stir in the lemon-rind and the butter and sugar creamed together. Remove from the fire, and, while boiling, mix it into the egg and lemon-juice. Strain into a sauce-boat and serve hot.

MARYLAND WINE SAUCE.

4 tablespoons of brown sugar, ½ gill of wine,
4 ounces of butter, Yolks of 2 eggs.

Beat together yolks, sugar, and butter. When thoroughly mixed, set over boiling water on the fire; add by degrees the wine, and stir until as thick and smooth as rich cream. Serve hot.

SYRUP FOR GRIDDLE-CAKES.

2 tablespoons of water, 2 cups of brown sugar,
1 even tablespoon of butter.

Boil 5 minutes. Use cold.

SYRUP.

2 pounds of granulated sugar, White of 1 egg,
1 pint of fresh water.

Put the sugar and water into a china-lined saucepan. Stir in the beaten white of egg. Now set the saucepan on the fire. When it begins to boil, watch that it does not rise too fast, but it must bubble and froth in order to clear. When it has boiled about 5 minutes, draw it to the side of the range; let the froth subside, then skim it thoroughly, and it is ready for use.

DESSERTS: JELLIES, CREAMS, FRITTERS, CUSTARDS, ETC.

BAVARIAN CREAM.

BAVAROISE.

1 quart of cream,
½ box of Cox's gelatine,
1 gill of cold water,
2 tablespoons of sugar,
4 eggs, yolks only,
Vanilla or rum.

First of all, put 1 pint of cream on the ice for several hours, till it becomes thoroughly cold. Soak the gelatine in the cold water for 2 hours. Put 1 pint of cream in the farina-kettle and bring it to a boil with the sugar. When it comes to a boil, pour it over the gelatine. Stir until the gelatine is dissolved, returning the cream to the fire if necessary. Set aside to cool. Beat the yolks of eggs to a cream. When the cream is cool enough, stir in the eggs briskly; when well mixed, strain into a bowl; add vanilla or rum to taste and set away on the ice. Now take the other pint of cream which has been on the ice all this time; set it in a bowl in a pan of cracked ice, and, with a Dover egg-beater, whip it to a stiff froth, skimming the froth, as it rises, into a second cold bowl. (N. B.—Keep all very cold, and you will save both time and trouble.) When the boiled cream is quite cold and has begun to thicken, stir it over ice until perfectly smooth; then stir into it the whipped cream with as few strokes as possible to mix well. Rinse 2 moulds, or 1 large one, with cold water. Fill with the mixture and set away to harden. When firm, turn it out and serve with or without a pitcher of cream, or with Whipped-Cream Sauce (see receipt). This is not at all difficult to make, though a little tedious. Delicious.

CHOCOLATE BAVARIAN CREAM.

BAVAROISE AU CHOCOLAT.

Proceed as directed for Bavarian Cream, adding to the boiling cream 2 ounces of Maillard's or Huyler's best chocolate, grated and blended with 1 or 2 teaspoons of boiling milk.

STRAWBERRY BAVARIAN CREAM.

BAVAROISE AUX FRAISES.

Put 1 pint of milk on the ice for some time, to get it thoroughly cold.

Stem 2½ pounds of ripe berries. Mash them through a colander. Add 6 ounces of powdered sugar to the juice. Soak the gelatine in cold water 2 hours. When the sugar is dissolved, add the gelatine. Stir until dissolved, as directed in receipt for Bavarian Cream. Omit the pint of boiled cream and the egg. The juice of the berries and the gelatine should measure a full pint; if not, a little boiling water may be added, but it must be very little. Set away on the ice while you beat the cream as directed in Bavarian Cream. Finish as before.

Raspberry Bavarian Cream may be made exactly as above.

COFFEE BAVARIAN CREAM.

BAVAROISE AU CAFÉ.

3 tablespoons of ground Mocha,	1 pint of new milk,
4 eggs, yolks only,	1 cup of sugar,
½ box of Cox's gelatine,	½ " " cold water,

1 pint of whipped cream.

Put the cream on the ice for some time, to get it thoroughly cold.

Throw the freshly-ground coffee into the boiling milk; cover and stand on the corner of the range for 15 minutes. Then add the sugar; stir until dissolved. Remove from the fire and stir it into the well-beaten yolks. Stir steadily.

When well mixed, strain it into a clean farina-kettle and set it over boiling water on the fire; stir until the custard thickens a little. Do not let it boil, or it will curdle. While hot, pour it over the gelatine which has been soaking for about 2 hours in cold water. Stir until dissolved. Strain it into a bowl and put it on the ice. When beginning to set, have the cream ready whipped; stir the coffee over ice, and finish as directed for Bavarian Cream (see receipt).

ORANGE BAVARIAN CREAM.

BAVAROISE À L'ORANGE.

½ box Cox's gelatine,
1 pint of cream,
5 oranges,
1 cup of white sugar,
1 pint of new milk,
5 eggs, yolks only.

Put the cream on the ice for hours before using, and get it thoroughly cold.

Cover the gelatine with cold water. Soak it 1 to 2 hours. Bring the milk to a boil. When boiling, throw it over the gelatine and stir until dissolved. Beat the yolks and sugar to a cream, then stir the gelatine and milk into them. Stir it over the fire in a clean saucepan for 2 minutes; then strain it into a bowl and set away to cool. It must not boil, or it will curdle. When cold, stir in the strained juice of the oranges. Whip the cream as directed for Bavarian Cream (see receipt). When the custard is very cold and beginning to set, stir it over ice until perfectly smooth and thick; add the whipped cream and finish as directed. Serve with plain or whipped cream.

SNOW CREAM.

NEIGE.

4 whites of eggs,
1 pint of cream, whipped,
1 teaspoon of vanilla,
4 tablespoons of powdered sugar,
1 tablespoon of sherry.

Beat the whites until foamy; add the sifted sugar by degrees, beating steadily; then beat until stiff and glossy.

Add sherry and vanilla. Whip the cream (which has been on the ice for hours) to a stiff froth, over a pan of ice. Stir it carefully into the méringue. Serve in small custard glasses, very cold. You may add to the above a few sweet almonds, blanched and chopped *very* fine. Very simple for summer dessert.

WHIPPED CREAM.

CRÈME FOUETTÉE.

The secret of whipping cream easily is, first of all, to have good cream, and then to set it on the ice for several hours before it is required. When that time arrives, sweeten the cream to taste; add a few drops of Jamaica rum; set the bowl in a pan of cracked ice. Have beside you a second bowl; beat the cream with a Dover egg-beater. As the froth rises, remove it to the second bowl. If the whip is required to be very stiff indeed, remove the froth to a sieve, and, as the unbeaten cream drains from it, that can be returned to the bowl and beaten again.

If the cream itself is not very thick, and you are in doubt about it, dissolve ¼ of an ounce of gelatine in a very little cold milk for 1 hour, then place the cup in boiling water on the fire, and stir until the gelatine dissolves. When this is cold, but not set, it can be whipped into the cream prepared as above. In this way the whip will be quite firm after setting it on the ice for 1 or 2 hours.

CHARLOTTE RUSSE NO. I.

1 quart of sweet cream,
Vanilla to taste,
Whites of 10 eggs,
1 pound of powdered sugar,
⅔ box of gelatine (Cox's).

Dissolve the gelatine in ½ a pint of cold water. Soak 2 hours; pour over it ½ a pint of boiling water; set over the fire for a minute to scald; stir and strain. Set away to cool. Beat the sugar and cream, removing to another bowl, on ice, the froth as it rises. When the gelatine is cold, beat it and

the whites of eggs to a stiff froth, and add these to the cream. Rinse out moulds with cold water, and line them with cake (see Charlotte Russe Cake, or Layer Sponge); fill them with the cream, and set away in a cold place until firm. The above may also be made with the whites of 6 eggs to the quart of cream. When stiff, turn it out on a cut paper, and serve.

CHARLOTTE RUSSE NO. II.

¼ ounce of gelatine (Cox's),
1 gill of sugar,
Small pinch of salt,
1 small teaspoon of vanilla,
1 cup of milk,
1 beaten egg,
1 pint of cream,
Charlotte Russe Cake.

Dissolve the gelatine in a little cold water. Heat the milk. When nearly boiling, stir in the sugar and beaten egg, together with the salt. Stir briskly. Add the vanilla and gelatine. Remove from the fire, strain through a sieve, and set away to cool. Whip the Cream as directed (see receipt), removing the froth to a sieve. When the milk is cold, mix all lightly and quickly together, and pour into a mould which has been lined with cake (see receipt). Set it immediately on the ice, and, when firm, turn out on a cut paper, and serve.

CHARLOTTE PARISIENNE.

½ box of Cox's gelatine,
1 cup of grated cocoa-nut,
4 ounces of stale lady-fingers,
4 ounces of macaroons,
1 quart of cream,
4 eggs,
2 tablespoons of sugar.

Cover the gelatine with a little cold water and let it soak for 1 to 2 hours. Have the cream thoroughly chilled. Whip 1 pint of it (see Whipped Cream) and set away on the ice until required. Bring the remaining pint of cream to a boil in the farina-kettle. Beat together eggs and sugar until well mixed. When the cream boils, pour a little of it upon the eggs, stirring briskly; pour this in turn back into the kettle

and stir constantly for about 1 minute, until it thickens. Do not let it boil again, or it will curdle. Stir in the gelatine. Remove from the fire; strain into a bowl; add the powdered macaroons and lady-fingers, the cocoa-nut, and vanilla to taste. Stand aside until cold and just beginning to set. Then place the bowl in a pan of cracked ice, and stir until smooth and thick; then beat in the whipped cream. Mix evenly with as few strokes as possible. Rinse out a mould with cold water. Fill it with the mixture and set away on the ice. When firm, turn out on a cut paper and serve immediately.

Or, hollow out a stale, round sponge-cake, leaving the bottom and sides ½ an inch thick. Fill with the mixture and set away to harden. Serve with sweetened cream or Custard Sauce, very cold.

COFFEE CREAM.

GELÉE AU CAFÉ.

½ ounce of Cox's gelatine,
1 gill of strong coffee,
1 gill of sugar,
3 gills of cream.

Soak the gelatine 1 hour in ½ a gill of cold milk. Add the boiling coffee and the sugar. Stir and dissolve. Place it over boiling water on the fire if not quite melted, and stir until dissolved. Remove from the fire. When cool, stir in the cream. Rinse out a mould with cold water. Strain the mixture into it, and set away on the ice to harden. Turn out on a cut paper and serve immediately.

ORANGE CREAM.

GELÉE À LA CRÈME D'ORANGE.

3 gills of cream,
2 " " sugar,
1 gill of orange-juice,
Yolks of 2 eggs,
½ ounce of Cox's gelatine,
Grated rind of 1 orange,
½ gill of cold water.

Soak the gelatine 2 hours in ½ a gill of cold water. Meanwhile soak the orange-rind in the orange-juice. Then melt

the gelatine by setting the bowl over boiling water on the fire. Add the orange-juice. When quite hot and the gelatine is dissolved, remove it from the fire and add carefully the yolk beaten with the sugar. Stir briskly. Place it again on the fire over hot water and stir until it thickens; but do not let it boil, or it will curdle. Then remove; stir in the cream. Strain the jelly into a mould which has been rinsed with cold water. Set away on the ice to harden; turn out on a cut paper; serve very cold with cream.

VELVET CREAM.

CRÈME VELOUTÉE.

2 gills of white wine,
½ box of Cox's gelatine,
Juice of 1 lemon,
Sugar to taste,
1 pint of cream.

Soak the gelatine in the wine for 2 hours. Set it over boiling water on the fire and stir until it dissolves, but do not let it boil. Then dissolve the sugar with the gelatine. Remove from the fire; when cool, add the lemon-juice, then the cream. Stir until quite cold. Rinse out a mould with cold water. Strain the cream into it, and set away on the ice to harden. Serve with plain or whipped cream.

SPANISH CREAM.

½ box of Cox's gelatine,
1 gill of soft sugar,
1 teaspoon of vanilla,
5 eggs,
1½ pints of milk,
1 gill of powdered sugar.

Cover the gelatine with cold milk or water, using no more than is necessary. Soak from 1 to 2 hours. Bring the milk to a boil. Beat the yolks and soft sugar together in a bowl until light; pour a little of the boiling milk upon the eggs and sugar. Beat well together; then in turn pour the eggs into the milk which is on the fire. Turn the gelatine into the milk and stir over boiling water until the gelatine dissolves and the eggs begin to thicken slightly. *Do not let it boil* or the eggs will curdle. Remove from the fire; strain; add the

vanilla. Rinse out a fancy mould with cold water; pour the mixture into it. Set away on the ice until firm. When ready to serve, beat the whites of eggs to a foam; add the powdered sugar gradually, and beat until stiff and glossy. Turn out the cream on a cut paper; heap the méringue around it, and serve very cold.

GELATINE PUDDING.

4 eggs,
½ box of Cox's gelatine,
Vanilla,
1 pint of milk,
Sugar to taste,
¾ cup of boiling water (1½ gills).

Bring the milk to a boil. Beat in a bowl the yolks of eggs with about 2 level tablespoonfuls of sugar. When the milk boils, stir it carefully into the eggs; sweeten to taste. Put the eggs and milk into a saucepan over boiling water, and stir steadily until slightly thickened; but *do not boil*, or the eggs will curdle. Set aside to cool. Meanwhile, soak the gelatine in about 1 gill of cold water for 2 hours; pour over it the boiling water; stir until dissolved; strain and set aside until cold and just about to set. When the custard, flavored to taste with vanilla, is cold, beat the whites of eggs and gelatine first separately, then together, to a stiff froth. Add these to the custard and beat well. Rinse out a mould with cold water; pour in the mixture, and set away to harden. It will settle in 3 layers, making a dessert which is pleasing to both eye and palate. Turn out of the mould on a cut paper, and serve very cold.

SNOW PUDDING.

⅓ box of Cox's gelatine,
1 cup of sugar,
2 whites of eggs,
⅓ pint of cold water,
Juice of one lemon,
Slice of lemon-rind,
⅓ pint of boiling water,
⅓ " " wine.

Put the gelatine to soak in the cold water for 1 hour with a piece of lemon-rind. Then pour over it the boiling water; set it on the fire and stir until dissolved. Add the sugar, lemon-juice, and wine. When the sugar is all melted,

strain the jelly into a bowl, and set away in a cool place. The liquid should measure 1 full pint. In summer, it is better to make it a little scant measure, as it does not stiffen as well. When the jelly is cool, beat the whites of eggs to a very stiff froth. Fill your quart mould with cold water, and let it stand while the pudding is being prepared. As soon as the jelly is set a little firm, beat it smooth with a Dover egg-beater; then beat into it the whites of eggs. In summer it is best to stand the bowl in ice while you are beating. When all is beaten smoothly together, throw the cold water out of the mould; fill it with the mixture, and set in a cold place to harden. When firm, turn it out and serve either with Whipped-Cream Sauce, or with a Custard Sauce, very cold. If you do not use wine, use the juice of 2 lemons, and make up the necessary amount of liquid with boiling water. Excellent.

COLD CABINET PUDDING.

Prepare a cream blanc-mange or Velvet Cream (see receipt). Before it is stiff, put a little into a mould which has been rinsed in cold water; let it run all over to coat the surface thinly; ornament it with candied cherries, etc. Fill the mould loosely with firm, preserved candied or brandied fruits, macaroons, stale sponge-cake soaked in wine, and a little citron sliced very thin. Then fill the mould slowly and carefully with the blanc-mange, which should be now as thick as batter; stand it on the ice for several hours, until perfectly firm; then turn it out on a cut paper, and serve with cream.

GELBE SPEISE.

8 ounces of sugar,
2 " " citron, sliced thin,
1 large lemon, juice and grated rind,
5 whites of eggs,
1 pint of boiling water,
1 ounce of gelatine,
2 ounces of stoned raisins,
9 yolks of eggs,
1 quart of cold water.

Soak the gelatine for 1 hour in 1 quart of cold water. See that it is kept covered by the water. Beat the yolks of

eggs with the juice and grated rind of lemon and the sugar. Strain the gelatine from the water, and put it into a 2-quart saucepan. Pour over this 1 pint of boiling water. Stir until dissolved. Pour ½ of this over the eggs and sugar; stir briskly; then stir this back into the pail containing the remaining half of the gelatine, stirring very quickly all the time. Set the pail over boiling water on the fire and stir until it becomes as thick as boiled custard. Do not boil, or it will curdle. Remove and set in a cold place until as thick as batter. Beat the whites to a stiff froth. Add the fruit to the jelly; mix; then add the whites. Beat thoroughly together with as few strokes as possible. Rinse out 2 pint-moulds with cold water; fill with the mixture, and set away on the ice to harden. Turn out on cut paper, and serve very cold with cream or Whipped-Cream Sauce (see receipt).

ORANGE JELLY IN BASKETS.

GELÉE À L'ORANGE.

12 oranges,	1 box of Cox's gelatine,
1 gill of curaçoa,	Sugar to taste.

Squeeze the oranges, which should be fine, large Floridas; extract every drop of juice. Put a boxful of gelatine, with enough of the juice to cover it well, to soak for 1 hour or more. Now set the bowl in boiling water and stir until the gelatine is dissolved. Add the rest of the juice; sweeten to taste. Then add a wine-glass of best curaçoa. Strain the jelly through a very fine strainer or coarse muslin, and set to harden in a mould which has been rinsed out with cold water. There should be 1 quart and 1 pint of jelly in all. If the oranges have not yielded all the juice required, make up the quantity of liquid by adding boiling water. This jelly is not crystal-clear, but is delicious. If you can take the time and trouble, it is much prettier to serve the jelly in orange-baskets made as follows:

Before making the jelly, cut your oranges in this way: have a very sharp knife with which make a cut across the

stem end of the orange, just escaping the hole of the stem, and going ½-way through the fruit; ½ an inch from this, make a second cut the same depth; this will make the handle, so that the stem-hole must not appear in it, or indeed anywhere on the basket. Now turn the fruit, and make an incision at right angles to the cut made for the handle, which 2 cuts must join, thus detaching a piece like a small quarter of the orange. Turn the fruit to the opposite side and do the same, being careful that the 2 side-cuts are exactly on a level. This makes the basket. Now, with a sharp knife, carefully cut the fruit from the inner-side of the handle and basket, taking the greatest care not to pierce the skin anywhere. Loosen it with a teaspoon and scoop out fruit, juice, seeds, and all the pithy, white pulp that can be safely scraped away. Save every drop of the juice for the jelly as first directed. The quantity of jelly given in the receipt should fill the 12 baskets quite full, leaving a little over, which put on a shallow dish and set away to harden with the rest. When firm, tie colored bows of fresh ribbon on the handles of the baskets; dish them on a pretty, round dish; crumb up with a fork the extra jelly in the shallow dish, and pile it around and between the baskets. This makes really such a pretty and delicious dessert, at so little expense, that if you have time to give to it, it will repay you for the trouble. At the pastry-cook's, you will pay $3.50 to $4.00 a dozen for these, which, made at home, and quite as good, will not cost more than 75 cents, in winter, when oranges are plentiful.

N. B.—Use pure orange-juice for the jelly as far as possible, adding boiling water only if absolutely necessary.

LEMON JELLY.

GELÉE AU CITRON.

1 ounce of Cox's gelatine,
5 large lemons, juice only,
2 cups of soft sugar, or to taste,
2 gills of cold water,
White and shell of 1 egg,
1½ pints of boiling water.

Soak the gelatine in the cold water for 2 hours. Cut a few strips of lemon-rind; put these to soak with the gela-

tine. Now pour the boiling water on the gelatine; add sugar, lemon-juice, and white of egg, slightly beaten, also the shell, crushed. Let it boil briskly for 3 minutes; then set the kettle on the hearth for 5 minutes. Skim. Pass through a jelly-bag, once or twice, until sufficiently clear. Rinse out a large mould with cold water; fill with the jelly and set in a cold place to harden. Turn out on a cut paper and serve with or without Custard Sauce (see receipt).

PLUM-PUDDING MADE OVER.

Line a Charlotte-Russe mould with slices of cold Plum-Pudding or Wedding Cake, fitted closely together. Fill the centre with Gelatine Pudding or Velvet Cream (see receipts). Set in a cold place to harden. When firm, turn out and serve with a cold Custard or Brandy Sauce (see receipts), poured around.

WINE JELLY.

GELÉE AU VIN DE MADÈRE.

1 box of Cox's gelatine,
1 pint of sherry, with a little brandy,
1¾ pounds of soft sugar,
2 whites of eggs, well beaten,
1 pint of cold water,
3 lemons, juice and peel,
1 quart of boiling water,
2 shells of eggs, crushed,
1 small stick of cinnamon, about 2 inches long.

Soak the gelatine in cold water for 1 hour or more. Then pour over it the boiling water. Add eggs, shells, sugar, lemon-juice, and the yellow part of the rind, and cinnamon. Bring to a boil. Let it boil 3 minutes without stirring, then set it on the hearth for 5 minutes. Skim. Add the wine, which should be perfectly clear. Pass all through a jelly-bag once, or until clear. Rinse out moulds with cold water. Fill with the jelly and set away in a cold place to harden. Champagne, brandy, madeira, maraschino, rum, or kirsch may be added, in combination or separately, to the above, if the quantity of wine does not exceed the proportions set

down. In summer, less water should be used, as the jelly does not harden so easily: the quantity of liquid should then measure 3 pints in all.

FANCY JELLY.

GELÉE FANTAISIE.

1 box of Cox's gelatine,
2 gills of sherry,
2 " " cold water,
1 gill of brandy,
Juice of 2 lemons,
" " " oranges,
1 pound of sugar,
1 quart of boiling water.

Cover the gelatine with the cold water and soak 1 hour or more. Add sugar and boiling water. Set over the fire and stir until sugar and gelatine are dissolved. Add lemon- and orange-juice, sherry, and brandy. Rinse out a mould with cold water. Fill it with jelly, strained through a jelly-bag or fine sieve. Set away to harden. The jelly will not be perfectly clear on account of the fruit-juice, but the excellence of its flavor will more than compensate for its slight cloudiness.

N. B.—In summer lessen the quantity of cold water, as the weather will prevent its hardening as well as in winter. The liquid should in this case measure 3 pints in all.

MACÉDOINE OF FRUIT.

MACÉDOINE DE FRUITS.

Make very clear Wine Jelly (see receipt). Champagne is recommended for the jelly. Have ready either small fresh fruits, such as strawberries, raspberries, cherries, sliced apricots or peaches, or sections of oranges skinned and seeded; or use preserved or brandied fruits—these last preferably. Rinse out the mould in cold water. Pour in jelly to the depth of ½ an inch. Set on the ice to harden. Keep the rest of the jelly cool, but where it will not harden. When the jelly in the mould is set, lay in some fruit, neatly and tastefully; pour over this only just enough jelly to barely

cover (any more will make the fruit float). Set away again to harden. Repeat this process until the mould is filled. If preferred, alternate with layers of plain jelly. When full, set away for several hours to harden well. If there is any plain jelly left, set it aside, and when it is stiffening, beat it to a froth and serve around the Macédoine. Or set it to harden in shallow dishes, and, when ready for use, crumb it with a fork and heap it around the base of the Macédoine when ready to serve, turned out on a dish. This adds greatly to the effect of this very pretty dessert.

PINE-APPLE SNOW.

NEIGE À L'ANANAS.

4 whites of eggs,
1 pint of cream, whipped,
4 tablespoons of powdered sugar,
1 pine-apple.

Pare, remove the eyes, and grate the pine-apple. Put the pulp upon a sieve to drain. Mix the snow as directed in receipt for Snow Cream. When all is ready and the cream whipped very stiff, beat in the pine-apple pulp, adding as much as the cream and méringue will hold without becoming too soft. Serve very cold in custard glasses.

TRIFLE.

Cream,
Raspberry-jam,
Sherry,
Cake.

Put 1 layer of stale cake, Sponge or Layer Cake No. I. or No. II. (see receipts) in the bottom of a round dish ; spread it over with a thick layer of raspberry- or strawberry-jam or jelly ; baste it, by the spoonful, with sherry until the cake will absorb no more. Beat about 1 pint of rich cream to a very stiff froth (see receipt). Heap this over the cake, and decorate to taste. Very simple and delicious.

TIPSY CAKE.

PAN BORACHO.

Prepare the stale cake as above with jam and wine. Make about 1 pint of rich Custard (see receipt), and pour it over

the cake. Reserve 2 of the whites of egg from the custard and beat them to a stiff froth; a little jelly may be beaten through the whites when they are stiff. Heap this over the custard, and serve very cold. Or, serve in individual custard-glasses. Delicious.

ITALIAN CUSTARD.

CRÈME ITALIENNE.

Allow 1 egg to each person. Beat the yolks to a cream; add sugar and lemon-juice to taste, beating all the while. The eggs should thicken like cream. Put this into custard-glasses. Beat the whites to a stiff froth. When perfectly stiff, whip in a little currant-jelly, and beat until evenly colored. Heap this upon the custard in the glasses. Set in the ice-box, and serve very cold. Delicious.

BOILED CUSTARD.

CRÈME.

1 quart of new milk,
2½ tablespoons of sugar,
5 eggs,
Flavoring to taste.
Small pinch of salt,

Put the milk on the fire in a farina-kettle. Beat the eggs together in a bowl with the sugar and salt, until creamy. When the milk is boiling, pour it by degrees into the eggs and sugar, very gradually, stirring briskly all the time. Strain this back into the farina-kettle; set it again on the fire where it will heat, but not boil, or it will curdle. Stir constantly until it thickens. Remove from the fire, and add flavoring to taste. Set away to cool. The only danger in making boiled custard is that it may curdle. If the above directions are strictly observed, and new milk used for the purpose, it will not curdle. *Or*, the custard may be made with yolks only, allowing 6 to the quart of milk. It must be stirred longer over the fire, as it will thicken more slowly. In this latter case, the whites of eggs may be used for Angel Cake, etc., etc. (see receipts).

CRÈME BACHIQUE.

1 pint of good white wine,
Lemon-peel or stick-cinnamon,
7 or 8 yolks of eggs,
Sugar to taste.

Put the wine, lemon-peel, or cinnamon, and sugar (about 1 gill) into a saucepan. Bring it slowly to a boil. Beat the yolks of eggs to a cream. When the wine boils, remove it and pour gently upon the yolks, stirring briskly all the time. Add more sugar if required. Have ready small custard-cups in a baking-pan. Strain the custard into the cups. Pour boiling water into the pan to about half the height of the cups, and bake in a moderately-quick oven until set, from 10 to 12 minutes. Do not let them harden too much. Serve very cold.

BAKED COFFEE CUSTARD.

CRÈME AU CAFÉ.

1 quart of new milk,
3 heaping tablespoons of ground coffee,
6 eggs,
Sugar to taste.

Use, if you can, Mocha and Java coffees mixed. Grind the coffee. Put it into a saucepan with the milk; bring it to boiling point; then set it aside on the range and let it steep for about 15 minutes, covered. Meanwhile, break the eggs into a bowl and beat enough to mix. Add about 3 tablespoonfuls of sugar, and beat well together. Bring the coffee and milk once more to a boil and strain it, boiling, into the bowl of eggs, stirring briskly. Sweeten to taste. Have ready 12 small custard-cups in a baking-pan. Strain the custard into the cups. Fill the pan with boiling water to half the height of the custard-cups. Bake in a moderately-quick oven 10 to 12 minutes, until the custard is just set; do not let it bake hard. It will become firmer as it cools.

CARAMEL CUSTARD.

CRÈME AU CARAMEL.

1 pint of brown sugar,
3 pints of milk,
7 eggs

Melt the sugar, until liquid, in a frying-pan, then add it slowly to the boiling milk, stirring constantly. Beat the

eggs in a bowl. Stir the boiling milk into them by degrees, stirring briskly all the while. Have ready small custard-cups in a baking-pan. Strain the custard into the cups. Fill the pan with boiling water to half the height of the cups; put it into a moderately-quick oven for 10 to 12 minutes, until set, but not hard. It will grow firmer as it cools. Serve very cold.

CHOCOLATE AND OTHER BAKED CUSTARDS.

CRÈME AU CHOCOLAT, ETC.

Proceed exactly as directed for Coffee Custard, using, instead, vanilla or other flavoring to taste. If chocolate is used, allow about 2 ounces of Maillard's or Huyler's best to 1 quart of milk. Dissolve the chocolate in the milk, and proceed as directed, using 12 small cups or 1 large dish.

COLD CUSTARD OR JUNKET.

1 quart of new milk, Sugar to taste,
1 tablespoon of rennet.

Heat the milk to blood-heat, but *do not boil.* Have ready in a glass bowl the rennet and sugar. When the milk is warm, not scalding, pour it into the bowl, stirring only just enough to mix. Grate nutmeg over the top, and set in a cool place until the milk becomes firm. Serve very cold. Whey for the use of invalids may be made in liké manner, using a little more rennet. When it has stood long enough, the curd will separate and the whey can be drained off. A little sherry or vanilla may be added to the above as flavoring.

SLIP.

The same as Junket, flavored with Jamaica rum. Serve very cold with a pitcher of cream.

CHOCOLATE BLANC-MANGE.

1 quart of new milk,
4 heaping tablespoons of corn-starch,
Sugar to taste,
2 ounces of grated chocolate,
1 teaspoon of vanilla.

When the milk has come to a boil, pour it into a bowl over the grated chocolate; when dissolved, return to the fire and stir smooth. Measure the corn-starch into a small bowl; pour a little cold water on it and rub until absolutely smooth, adding just enough cold water to make it pour easily. When the milk boils, pour in the corn-starch and stir constantly until it thickens and cooks thoroughly, 4 or 5 minutes. Taste to see that the corn-starch is perfectly smooth and cooked; if not, stir and boil longer. Remove from the fire; stir in enough sugar to make it very sweet, and vanilla to taste. The yolks of 2 eggs may be added if liked, but are not necessary. Rinse a 3-pint mould with cold water; drain and pour in the mixture, which should be quite thick. Set away for several hours in a cold place until firm. Serve with good cream or cold Custard Sauce (see receipt). The blanc-mange should be very firm when turned out. If made as above, it should be perfectly smooth and free from lumps.

COCOA-NUT CREAM BLANC-MANGE.

2 cups of grated cocoa-nut,
1 teaspoon of vanilla,
4 eggs,
4 tablespoons of corn-starch,
1 pint of milk,
1 gill of soft sugar.

Bring the milk to a boil. Measure 4 *level* tablespoonfuls of corn-starch; blend perfectly smooth with a little cold milk; when the milk boils, stir in the corn-starch; stir and boil until it thickens, 3 to 5 minutes. Taste, to see that the corn-starch is perfectly smooth. Beat the whites of the eggs to a stiff froth. Add the sugar to the corn-starch, then the whites of eggs, and beat well over the fire for 3 minutes, but do not boil or it will curdle. Add the cocoa-nut and vanilla. Rinse out a mould with cold water; pour in the mixture and set away on the ice to harden. Serve with Custard

Sauce made of the yolks of the eggs and flavored with vanilla.

N. B.—If the milk is not quite thick enough, before adding sugar and eggs, stir in a little more corn-starch, blended as above.

CORN-STARCH BLANC-MANGE.

1 quart of new milk,
8 level tablespoons of corn-starch,
1 gill of sugar,
Pinch of salt,
Flavoring to taste.

Bring the milk to a boil in a farina-kettle. Blend the corn-starch with a little cold milk, and, when the milk in the kettle boils, stir in the corn-starch. Stir without intermission until it thickens, about 5 minutes. Taste to see that the corn-starch is perfectly smooth; if not, boil a little longer. Remove from the fire; stir in the sugar, salt, and flavoring. Rinse out a mould with cold water. Pour in the corn-starch and set away on the ice to cool and harden. Serve very cold with Custard Sauce, flavored with vanilla.

N. B.—The above is greatly improved by the addition, when removed from the fire, of 2 eggs well beaten in. Finish as directed.

RÖDGRÖD (DANISH).

Take fresh raspberries; sweeten to taste and set in a china-lined saucepan on the fire to scald. When the fruit begins to dissolve, press it through a sieve, taking all but the seeds. Put the juice again on the fire, measuring the quantity. To every quart of juice, allow about 3 heaping tablespoonfuls of corn-starch. Blend the corn-starch with a little of the cold juice. When the juice in the saucepan comes to a boil, stir in the corn-starch and continue to stir until it has boiled 3 to 5 minutes, is thick and transparent (not milky). Taste to see that the corn-starch is perfectly smooth; if not, boil a little longer. Remove from the fire and stir in currant-jelly to taste. (Or some fresh currants may be stewed with the

raspberries, allowing about 1 part of currants to 3 parts of raspberries.) Have ready blanched about 2 gills of almonds to 1 quart of juice. Cut the almonds into shreds and stir them into the mixture. Rinse out a mould with cold water; fill with the mixture, and set away to harden. It should not become quite as stiff as blanc-mange. Serve in a glass dish with a pitcher of very thick cream. Or, the same may be made with Cox's gelatine, using 1 ounce of gelatine to 1 quart of juice. Delicious.

FRUIT BLANC-MANGE.

KISELLE.

Stew any kind of fresh fruit, such as raspberries, strawberries, etc.; strain off the juice and sweeten to taste. Measure the juice and put it again on the fire. To every pint of juice allow 2 heaping tablespoonfuls of corn-starch, blended with a little cold water. When the juice boils, stir in the corn-starch, and continue to stir until the corn-starch is thoroughly done, which will require about 5 minutes' boiling. Taste, and if perfectly smooth, pour it into moulds which have been rinsed out with cold water. Set in a cold place to harden; when firm, turn out and serve with cream and sugar. It may be set to harden in small teacups. Recommended.

TAPIOCA JELLY.

GELÉE DE TAPIOCA.

4 cups of cold water,
1 cup of tapioca, soaked 4 or 5 hours,
1 lemon, juice and grated rind,
Sugar to taste.

Soak the tapioca in the water as directed, or overnight; add the sugar; set on the fire in a farina-kettle, and boil 1 hour, or until perfectly transparent. When nearly cooked, add lemon-juice and a little of the grated rind. Rinse out small moulds or cups with cold water; fill with the mixture and set in a cold place to harden. Turn out and serve very cold with sweetened cream or Custard Sauce (see receipt). Excellent for children and invalids.

TAPIOCA WHIP.

3 tablespoons of tapioca,
3 eggs,
1 quart of new milk,
Vanilla and sugar to taste.

Soak the tapioca in water overnight. Next day put the milk on to boil; dry the tapioca and stir it into the milk. Boil until thoroughly tender, about 30 minutes. Beat the yolks of the eggs. Remove the tapioca from the fire; flavor, sweeten, and stir in the yolks very carefully. Return to the fire over boiling water and stir for 2 or 3 minutes, but do not boil, or the eggs will curdle. Set away to cool. Beat the whites of eggs to a stiff froth. When the tapioca is very cold, whip in half of the whites. Put into custard-glasses. To the remaining whites, add powdered sugar to the thickness of a méringue, and heap this on the top of the whip. Serve very cold.

APPLE WHIP.

1 pint of Boiled Custard,
1 pint of Apple Sauce,
Sugar and vanilla to taste.

Make the custard according to receipt. Prepare the Apple Sauce (see receipt); press through the colander. When cold, whip both together. Add vanilla and sugar to taste. If liked, the whites of 2 eggs may be beaten to a stiff froth and beaten into the whip at the last minute. Serve very cold.

BEIGNETS SOUFFLÉS.

1 cup of boiling water,
2 tablespoons of sugar,
4 whole eggs,
1 white of egg,
½ teaspoon of vanilla,
1 cup of sifted flour,
Grated lemon-peel,
2 tablespoons of butter,
Pinch of salt,
Lard for frying.

Put the butter, salt, sugar, lemon, and water together in a saucepan. Let them boil. Remove from the fire and stir in enough flour to make a paste (about 1 cupful). Stir over

the fire until perfectly smooth and until so thick that it begins to leave the sides of the saucepan. Then remove from the fire; beat in the eggs, one at a time; beat very hard; add finally the white, beaten to a stiff froth. The batter should be thick enough to drop slowly from the spoon. Set in the ice-box for 2 hours. Have ready in a saucepan the lard, which should be at least 2 inches deep when melted, so that the *beignets* may puff and cook without touching the bottom. Bring the lard to a boil; test it with a piece of the batter. If it is ready, drop in pieces of the batter as large as a nut. Fry until golden-brown on all sides. Remove with a skimmer to a paper in the mouth of the oven, to dry, and when ready to serve, sift powdered sugar over them. Pile in a pyramid on a cut paper and serve very hot. They should be round and very light, if successful.

COQUETTES.

1 ounce of butter,	1 pint of flour.
1 pint of boiling water,	5 eggs.

Put the water in the saucepan, and, when boiling, remove from the fire and stir in the flour, mixing well. Stir it over the fire until it thickens and begins to leave the sides of the saucepan. Remove it, beat in the butter and the eggs, one at a time, very thoroughly. Have ready deep boiling lard. When boiling, drop in the batter by bits the size of a walnut. For directions for frying, see Beignets Soufflés. Fry golden brown. Remove with a skimmer to a piece of brown paper in the mouth of the oven to drain; sift with fine sugar and serve in a pyramid on cut paper. The batter requires a great deal of beating, both before, and when, the eggs are in, but (the receipt goes on to say) "the coquettes are so beautiful and delicious that one is repaid for the trouble of making them."

N. B.—This batter baked in spoonfuls on tin makes crusts for Cream Puffs.

CRÈME FRITE.

1 pint of new milk,
3 yolks of eggs,
2 tablespoons of corn-starch,
1 tablespoon of sifted flour,
1 egg for dipping,
Lard,
1 gill of sugar,
Butter the size of a hickory-nut,
1 teaspoon of vanilla,
1 inch of stick-cinnamon,
Cracker-dust.

Blend the corn-starch and flour with a little cold milk. Put the rest of the milk and cinnamon to boil in a farina-kettle. When it boils, stir in the corn-starch and flour. Stir and boil 3 minutes, or until the flour is thoroughly cooked. Remove from the fire, and stir in the yolks of eggs, beaten to a cream with the sugar. Return to the fire, and stir over boiling water for a few minutes until thickened, but do not boil, or it will curdle. Take out the cinnamon; stir in butter and vanilla. Pour ½ an inch deep into a shallow, buttered dish to cool. When cold and firm, cut into rounds or squares to taste; dip carefully in sifted cracker-dust, then in egg slightly beaten, then again in cracker. Fry in deep boiling lard (see General Directions for Frying). Set in the oven 4 or 5 minutes to soften the cream inside. Sprinkle with sugar, and serve hot in a pyramid on cut paper.

BATTER FOR FRUIT FRITTERS.

1 heaping cup of flour,
1 tablespoon of olive oil,
1 or 2 tablespoons of brandy or rum
2 eggs,
Cold water.

Mix the yolks of eggs with the flour, then add the oil and liquor (substituting wine or lemon-juice, if preferred); thin with water, to the consistency of thick cream. Add lastly the whites of eggs, beaten to a stiff froth. Dip the fruit, etc., into this, and fry in boiling lard. The batter should be thick enough to coat the fruit thoroughly (see receipts for Fritters).

FRENCH BATTER.

4 ounces of sifted flour,
1 level tablespoon of olive oil,
2 gills of milk,
1 egg,
Pinch of salt.

Beat the egg, white and yolk together. Add milk, salt, and oil to it. Mix and pour this upon the flour. Blend

perfectly smooth. It should be of the consistency of rich cream. Use for fruit fritters, dipping the fruit into it, and boiling in lard as directed. Apples for fritters should always be scalded for 5 minutes before dipping in the batter, or the fruit will still be raw when the batter is cooked. These fritters should be pale golden-yellow.

PLAIN FRITTERS.

BEIGNETS.

1 pint of new milk,	3 eggs,
Pinch of salt,	1 pint of flour,
1 teaspoon of baking-powder,	Flavoring to taste.

Beat the eggs, whites and yolks apart. Sift the salt and baking-powder with the flour (the baking-powder may be omitted, if preferred). Stir the eggs and milk into the flour; flavor to taste; add, lastly, the whites of eggs, beaten to a stiff froth. Fry by the teaspoonful in deep boiling lard (see Beignets Soufflés). When golden-brown, remove with a skimmer to brown paper in the mouth of the oven. When dry, sift powdered sugar over; serve in a pyramid on cut paper. If well made, the fritters will puff very much.

PEACH FRITTERS.

BEIGNETS DE PÊCHES.

Fresh or canned peaches,	Brandy or rum,
Grated lemon-peel,	Sugar.

Peel, stone, and halve the peaches. Sprinkle them with grated lemon-peel, sugar, and rum. Cover and set aside in this mixture for 2 or 3 hours; then drain. Make a Batter for Fruit Fritters (see receipt), using the liquor from the peaches. At the last moment, add to the batter the whites of eggs, beaten to a stiff froth. The batter should be thick enough to coat the fruit thoroughly. Have ready boiling a saucepan of deep lard. Dip the peaches, one piece at a time, into the batter, and drop into the lard. When golden-brown, remove with a skimmer to brown paper in the mouth of the

oven to dry. Sift over powdered sugar. Serve in a pyramid on cut paper.

N. B.—Be sure the lard is boiling before the peaches are put in, or the fritters will be spoiled (see General Directions for Frying).

APPLE FRITTERS.

BEIGNETS DE POMMES.

Peel, core, and slice fine tart apples. Scald in boiling water until about half-cooked. Then drain; dip in Batter for Fruit Fritters (see receipt); finish as directed for Peach Fritters. Or, dip the fruit in French Batter (see receipt), and finish as above.

STRAWBERRY FRITTERS.

BEIGNETS DE FRAISES.

1 heaping cup of flour;
White wine, rum, or brandy,
1 tablespoon of salad oil,
2 eggs,
Grated peel of ½ a lemon,
Large strawberries.

Mix the oil, lemon-peel, and flour together. Beat in the yolks, and add enough white wine to make this the consistency of very thick cream. At the last moment, add the whites of eggs beaten to a stiff froth. Remove the stems from very large strawberries; drop them into the batter. Have boiling in a kettle, lard at least 2 inches deep. When you are certain that it is boiling, drop the mixture by the spoonful into the lard, allowing 1 strawberry to each fritter. Fry gold color. Remove with a skimmer to brown paper in the mouth of the oven, and sift sugar over them. Serve in a pyramid on cut paper.

N.B.—Be sure the lard is boiling (see General Directions for Frying).

JOLLY BOYS.

1 pint of rye-meal,
1 cup of wheat-flour,
2 large teaspoons of baking-powder,
or 1 teaspoon of cream of tartar
and ½ of soda,
2 tablespoons of molasses,
2 eggs,
1 gill of Indian meal,
1 saltspoon of salt,
1 teaspoon of ground cinnamon.

Mix well together the meals, flour, salt, cinnamon, and baking-powder (or cream of tartar). Add the eggs well beaten

together; mix. Add molasses and enough cold water to make a very stiff batter. (If you use soda, it should now be dissolved in a few spoonfuls of boiling water and beaten into the mixture.) Have ready boiling in a pot, lard 3 inches deep. When you have tested it and found that it is ready (see General Directions for Frying), drop in the batter by the small spoonful. When golden-brown, remove with a skimmer to brown paper in the mouth of the oven. When dry, serve very hot with Hard or other sweet Sauce (see receipts).

FRUIT-FARINA.

3 tablespoons of farina,
1 pint of ripe berries or sliced apples,
Sugar to taste,
1 quart of new milk.

When the milk is boiling in a farina-kettle, sprinkle the farina into it. Sweeten and flavor to taste; boil about 30 minutes, stirring frequently. Then add the berries or sliced apples, and boil about 20 minutes longer, until the fruit is cooked tender. Serve very cold with sugar and cream.

OMELETTE SOUFFLÉE.

4 ounces of powdered sugar,
Pinch of salt,
4 eggs,
Vanilla to taste.

Put a pudding-dish where it will become, gradually, thoroughly hot, while you prepare the soufflé. If a plated covering is used to send the dish to table, heat that also. Have the oven very hot.

Break the whites and yolks in separate bowls. Beat the yolks until not only creamy, but pale yellow. Then beat into the yolks the sifted sugar and about a teaspoonful of vanilla; beat again until smooth. Now add a pinch of salt to the white of eggs (it makes them beat more easily), and whip them to a perfectly stiff, dry froth. A second person should beat the yolks while the whites are being beaten. When every thing is ready, beat the *yolks into the whites*, stirring just as little as possible, taking always from the bottom upward, only enough to mix. Have the heated pudding-dish well buttered. Fill not more than ¾-full of the mixture;

dredge the top with powdered sugar. Set in a quick oven. It will require only about 6 minutes, if the oven is right. Do not let it stand an instant. It must be waited for, rather than wait. To be successful, the details must be strictly observed, and the eggs beaten unsparingly.

GINGER SOUFFLÉ.

4 ounces of potato flour,
3 " " powdered sugar,
4 " " preserved ginger,
1 pint of new milk,
4 ounces of butter,
6 eggs,
Rind of 1 lemon.

Cream the butter and sugar; add chopped ginger, grated lemon-peel, and flour (or corn-starch). Stir over the fire until quite smooth, adding the milk, which should be hot, but not boiling. Remove from the fire; beat in, 1 at a time, 6 yolks of eggs. Beat the whites to a stiff froth, and mix carefully with the batter. Fill 1 large, or several small, well-buttered and heated soufflé-cases; set in a quick oven; bake about 20 minutes, and serve immediately before it falls.

ARROW-ROOT SOUFFLÉ.

1 pint of milk,
3 yolks of eggs,
1 white of egg,
Sugar to taste,
2 tablespoons of arrow-root,
Juice of 1 lemon,
Grated rind of ½ lemon.

For méringue:

2 whites of eggs,
2 tablespoons of powdered sugar.

Boil the milk. Mix the arrow-root with a little cold water and stir into the boiling milk. Remove from the fire and, when cool, add the yolks of 3 eggs, lemon-juice and peel, sugar to taste, and lastly the beaten white of 1 egg. Bake in a good oven 20 to 30 minutes. Beat the remaining whites of eggs until foamy; add the sugar, and beat until stiff and glossy. Spread over the top and return to the oven for 2 or 3 minutes until slightly browned. Serve immediately.

TÔT FAIT.

3 tablespoons of flour,
3 " " powdered sugar,
Grated rind and juice of 1 lemon,
4 eggs,
2 tablespoons of milk.

Beat the yolks of eggs to a cream; beat in sugar. Add flour and beat until smooth; then add juice and rind of lemon; then the milk, and strain. Beat the whites to a stiff froth. Beat them into the batter with as few strokes as possible. Have ready a well-greased, hot pudding-dish. Fill it not more than ¾-full of the mixture; dredge with powdered sugar, and bake in a quick oven about 15 minutes. Serve immediately, or it will fall.

RICE SOUFFLÉ.

SOUFFLÉ AU RIZ.

3 ounces of rice-flour,
6 eggs,
2 gills of cream
1 teaspoon of vanilla,
2 ounces of butter,
5 " " sugar,
Pinch of salt.

Bring the cream to a boil in the farina-kettle. Beat together butter, sugar, rice-flour, and yolks of eggs until very light, then stir them very briskly into the boiling cream. Stir without ceasing until it thickens. Remove; add salt and vanilla. Add, lastly, the whites beaten to a very stiff froth; stir them carefully into the mixture and set away to cool; serve cold. *Or*, turn the mixture into a well-greased, hot pudding-dish and bake in a quick oven 15 to 20 minutes. Serve immediately, or it will fall.

SPANISH TOAST.

TORRIJAS.

1 pint of milk,
1 gill of rum or liqueur,
Powdered cinnamon or nutmeg,
1 egg,
Powdered sugar,
Lard for frying.

Beat the egg into the milk. Mix, and sweeten to taste. Cut strips of stale bread as thick as your finger, twice as

broad, and 5 inches long. Having removed the crusts, dip the bread first into the sweetened milk, then into the rum. Drain. Have ready, in a frying-pan, deep boiling lard. When certain that it is boiling (see General Directions for Frying), lay in the bread. Fry golden-brown. Remove with a skimmer to brown paper in the oven. When dry, place on a hot dish, 2 and 2 at right angles. Sift powdered sugar and cinnamon over them, and serve with Custard Sauce (see receipt) flavored with rum.

QUEEN ELIZABETH'S TOAST.

PAIN PERDU.

Proceed exactly as for Torrijas, cutting the slices the same thickness, but larger, and omitting the rum. Fry in butter, browning both sides. Serve with mixed cinnamon and sugar.

PANCAKES.

CRÊPES.

1 egg,	4 ounces of sifted flour.
2½ gills of milk,	Pinch of salt.

Beat the egg, yolk and white together; add it and the salt to the milk, then pour these upon the flour and mix perfectly smooth. The batter must be no thicker than good cream. Have a small frying-pan very hot; grease it thoroughly with butter or drippings. Pour in batter enough to only just cover the bottom. In a minute, perhaps less, if the pan is very hot, the cake can be turned. This part is done by sleight of hand by very experienced cooks, who toss it, catching it again in the pan, bringing the brown side up. This is not recommended to beginners; it will be found safer, if slower, to use the cake-turner. The great secret of good pancakes is to have them as thin as possible and very tender. As they are cooked, pile them on a hot plate. When ready to serve, spread each with jelly and roll it up; or sprinkle with sugar and cinnamon mixed, and roll. Dish them very neatly and serve very hot.

APPLE CHARLOTTE.

CHARLOTTE DE POMMES.

Butter a deep pudding-dish. Line the bottom and sides with buttered bread cut about $\frac{1}{8}$ of an inch thick. Fill the dish with sliced apples; sprinkle with a little nutmeg. Mix together 1 gill each of water and molasses. Pour this over the apples. Sprinkle with 1 gill of brown sugar, and cover closely with slices of buttered bread. The top must be very even and smooth. Cover the top with a tin pie-plate. Bake in a very moderate oven for about 2 hours. When done, loosen the edges with a knife, and turn it out very carefully on a dish. Serve hot with Custard Sauce flavored with rum, or with sugar and cream.

PIE-PLANT CHARLOTTE.

1 pound of pie-plant,
Bread-crumbs, or slices of bread,
1 pound of soft sugar,
Butter.

Peel the pie-plant and cut it into pieces 1 inch long. Butter a pudding-dish. Cover the bottom with a layer of crumbs; put over this a layer of pie-plant covered thickly with sugar; then another layer of crumbs, fruit, and sugar; and so on until the dish is filled, dotting the last layer of crumbs with bits of butter. The bread may be cut in thin slices and buttered; but it is recommended that the crumbs be used. Bake very slowly for 1 hour and 30 minutes. Serve cold with cream.

CHERRY CHARLOTTE.

CHARLOTTE DE CERISES.

Proceed as above, substituting cherries in the same proportions.

CURRANT CHARLOTTE.

CHARLOTTE DE GROSEILLES.

Proceed as for Pie-Plant Charlotte, substituting currants in the same proportions.

RASPBERRY CHARLOTTE.

CHARLOTTE DE FRAMBOISES.

Proceed as for Pie-Plant Charlotte, substituting raspberries.

GOOSEBERRY CHARLOTTE.

Proceed as for Pie-Plant Charlotte, substituting gooseberries.

STRAWBERRY SARACEN.

Strawberries,	Sugar,
Slices of thin toast,	Butter.

Butter the toast generously, and line with it the bottom and sides of a china dish which can be set in the oven. The pieces of toast, made of stale bread and cut quite thin, should be very well dried in toasting; they should be trimmed to fit into the dish neatly. Fill the remaining space with stemmed strawberries, packed closely. Sift plenty of sugar over and among the berries, and set in a moderate oven for 30 minutes, or until the fruit has melted a good deal, and settled. It will be found that they melt away so much that the dish must not only be packed but heaped, or it will not look well when done. Serve very cold with thick cream. Delicious.

RASPBERRY SARACEN.

Proceed as above, substituting raspberries.

CHERRY TOAST.

CROÛTE AUX CERISES.

Make thin slices of very dry toast; butter generously. Lay the toast on a dish. Put in a saucepan 1 quart of stemmed cherries with ¾ to 1 pound of sugar (according to tartness) and 1 gill of water. Cover and stew until the berries are very tender. Throw the hot syrup and fruit over the toast and set away. Serve very cold with cream. Simple, but excellent.

RASPBERRY TOAST.

CROÛTE AUX FRAMBOISES.

Proceed as for Cherry Toast, substituting raspberries. Or mix equal quantities of raspberries and currants, using a little more sugar.

APRICOT TOAST.

CROÛTE AUX ABRICOTS.

Apricots, Sugar,
Butter, Bread.

Halve the apricots and remove the stones. Place each half, with the inner side uppermost, upon a thin square of bread without crust. Lay them in a fire-proof dish. Put a piece of butter on each; sprinkle with sugar. Bake 30 minutes in a moderate oven. When done, arrange neatly on a glass dish with a piece of the bread under each piece of apricot. Pour over the syrup made in cooking, and serve cold, with rich cream.

Peaches, pears, and plums may be treated in the same way.

FRIAR'S OMELET.

7 large apples, 1 tablespoon of butter (level),
1 cup of sugar, 1 teaspoon " " "
1 " " bread-crumbs, 3 eggs,
Lemon-juice.

Peel, quarter, and stew the apples as for sauce, with only just enough boiling water to prevent scorching. When cooked and still hot, press through a colander; stir in the teaspoonful of butter and the sugar. Set aside to cool. Melt the tablespoonful of butter in a frying-pan; stir the bread-crumbs in the butter until it is absorbed and the crumbs are a golden-brown. Butter a plain pudding-mould; sprinkle the bottom and sides with as many of the bread-crumbs as will adhere. Beat the eggs together until light.

Stir them into the apple-sauce; add lemon-juice to taste; mix well and fill the mould with this, taking care not to rub off the crumbs. Sprinkle the top thickly with bread-crumbs. Bake for 20 to 30 minutes in a moderately-quick oven. Loosen the edges with a knife and turn out carefully on a flat dish. Serve hot with Rum or Brandy Sauce in a sauce-boat.

N. B.—The mould should be closely packed with the mixture.

APPLE SPONGE.

MOUSSE AUX POMMES.

½ box of Cox's gelatine,
1 lemon, grated rind,
2 lemons, juice,
2 gills of boiling water,
1 pound of apples,
3 eggs,
1 pound of sugar.

Boil together sugar and water until clear. Skim. Peel, core, and slice the apples. Put them into the syrup and stew until tender. Meanwhile cover the gelatine with cold water and let it soak 1 to 2 hours. When the apples are done, stir the gelatine into them until dissolved; remove from the fire and press all through a sieve. Stir in the rind and juice of the lemon. Set away until cold and beginning to stiffen. Beat the whites of the eggs to a stiff froth; stir the apples over ice until perfectly smooth, then stir in the whites of eggs and continue to stir until thick. Rinse out a mould with cold water. Fill with the mixture and set away to harden. Prepare a Custard Sauce (see receipt) flavored with rum or vanilla. Turn out the sponge; pour the custard around it, and serve very cold.

PEACH SPONGE.

MOUSSE AUX PÊCHES.

Proceed exactly as for Apple Sponge, substituting peaches in the same proportions.

BAKED QUINCES.

Core ripe apple-quinces of uniform size. Place them in a baking-pan. Put the cores in the pan. Fill the spaces left by the cores with sugar, adding to the pan about 1 gill (for 8 quinces). Fill the pan with boiling water to ½ the height of the quinces. Cover with an inverted pan. Set in the oven for 30 minutes. Then uncover and continue to bake until the quinces are tender, which will require perhaps an hour or more. The oven should be moderately hot. When tender, dish the quinces. Set the pan over the fire, and boil briskly for a few minutes, adding more sugar, if not sweet enough; strain the syrup over the fruit, and set away. Serve cold with cream. Recommended.

FRIED BANANAS.

BANANES FRITES.

Having peeled the bananas, cut them in two, lengthwise. Have ready hot butter in the frying-pan. Lay in the bananas. Sift with powdered sugar. Fry brown one side; then turn; sift again with sugar; when the second side is browned, dish neatly and serve hot.

ORANGE SALAD.

SALADE D'ORANGES.

4 oranges, **1 gill of Jamaica rum,**
Powdered sugar.

Select very juicy oranges (Indian Rivers are best). Peel and slice in thin slices. Sift sugar over each layer in a glass dish; pour the rum over all. Cover, and set away for 2 hours in a cool place. Baste from time to time. *Or*, the oranges may be washed and sliced without peeling; then dressed as above.

APPLE AND ORANGE SALAD.

3 oranges, 2 apples,
1 gill of rum Powdered sugar.

Peel and shave the apples in very thin slices; mix with the oranges, and finish as directed for Orange Salad.

PIE-PLANT OR RHUBARB.

Draw off the outer skin and fibres, beginning at the top. Use a silver knife. Cut the pie-plant in 2-inch lengths. Lay it in a fire-proof bake-dish; sprinkle soft sugar over it, allowing about pound to pound. Heap the dish with fruit, as it will shrink a great deal. Set the dish in a moderately-quick oven, and bake for about 30 minutes, or until perfectly tender, and surrounded by a rich syrup. If the oven is too hot, cover with a tin pie-plate, as the pie-plant must not brown. It may be served, when cold, in a glass dish, plain; or the dish may be lined with macaroons and filled with the pie-plant. This mode of preparing the pie-plant, when once tested, will prove so satisfactory that it is safe to say that it will be adopted in preference to stewing. Should the old way be preferred, however, scald the pie-plant first and throw the water off before adding the sugar. This does away with a certain amount of the extreme acidity.

TO PREPARE STRAWBERRIES FOR TABLE.

Do not wash them unless they absolutely require it. If, however, you are obliged to, do not stem them until after washing and draining thoroughly. Do not sugar them until they are served at table. If washing is necessary, fill a large bowl with cold water; put the strawberries in a colander, and dip the colander 2 or 3 times into the bowl. Shake out well, and stand colander and berries near the ice until wanted. Then stem them. In France, handsome extra-large berries are always served in a pyramid, with the stems on. They are dipped in sugar, one by one, and eaten from the stem.

TO PREPARE PINE-APPLE FOR TABLE.

Be sure the pine is perfectly ripe. Pare it from the top down. Remove the eyes. Hold the top in the left hand, and with a fork held in the right, scoop the fruit off from the core in pieces about 2 inches square. Place these in a glass dish; sift with powdered sugar, and set away in the ice-box until required. Never cut a pine-apple with a knife in slices through the core; it is much less digestible, and its flavor is injured by contact with the knife. When properly prepared, core and top-leaves should remain in one piece.

ICE-CREAMS, WATER-ICES, ETC.

GENERAL DIRECTIONS FOR FREEZING ICE-CREAMS, WATER-ICES, ETC.

The essentials for making good plain (Philadelphia) cream are: the best cream, ripe, juicy fruit, and granulated sugar. Avoid, for this class of ice-cream, all thickening, whether corn-starch, arrow-root, or gelatine. These latter are necessary in many of the fancy creams, but not for the above. It is best to scald, not boil the cream, the sugar being dissolved in it while hot. The flavoring, whether fruit or other, will be stronger if added after the first freezing. Avoid freezing the cream raw, as it is never as smooth, but acquires a harshness and a snowy taste; it increases much more in bulk.

Procure the best of freezers, such as the "White Mountain"; see that all is in perfect readiness before beginning the operation. For a 4-quart freezer, allow about 10 pounds of ice and 2 quarts of rock-salt. The ice must be pounded finer at the commencement of the operation than later on. Set in the tin cylinder; fill ½ or at most ¾-full of the mixture, allowing always ample room for it to swell as it freezes. Cover. Adjust the crank. Turn to see that all is right. Now put in the ice 3 inches deep, then salt 1 inch deep, and so on, in layers, to the top of the can. Now turn steadily and not too rapidly, until the crank works very hard. This should take about 25 minutes. It is not well to freeze it too fast. Now unscrew the crank; wipe the lid; remove it and the dasher. With a long flat piece of wood (spatula), scrape down the inner sides, and beat vigorously for 10 minutes. This makes

the cream smooth. Now replace the cover and plug up the dasher-hole. In all this be very careful that no salt creeps in. Drain off the water from the pail and re-pack with salt and coarser ice. Cover with a thick piece of carpet and set away for 2 hours. This last makes the cream mellow. *Or*, the cream at this stage may be packed in a mould; the mould placed in an ordinary pail, which fill with layers of salt and ice; cover and set away as above.

N. B.—Be careful that the mould-lid is closely fitted, or the salt may penetrate.

PHILADELPHIA VANILLA ICE-CREAM.

1 quart of cream, ½ pound of sugar,
1 vanilla bean or 2 tablespoons of extract of vanilla.

Put the sugar, 1 pint of cream, and the bean, split in ½, into a farina-kettle; boil and stir constantly for 10 minutes. Remove from the fire; strain; set away to cool. When cold, add extract of vanilla (if you use this), and the remaining cream, and freeze. Finish according to General Directions for Freezing.

VANILLA ICE-CREAM WITH EGGS.

CRÈME GLACÉE À LA VANILLE.

8 eggs, yolks only, 2 tablespoons of cold water,
1½ pints of rich milk, ¾ pound of sugar,
1 tablespoon of vanilla-bean powder, ¼ box of gelatine,
1 pint of cream, whipped.

Cream together the yolks of the eggs and sugar very light. Put the milk in a farina-kettle on the fire with the vanilla. Bring it to a boil; remove it and stir by degrees into the eggs and sugar, stirring briskly. Set the farina-kettle with the custard over hot water on the fire, and stir constantly until it thickens slightly. Do not let it boil, or it will curdle. Remove from the fire, and stir in the gelatine, which has soaked for 2 hours in the cold water. Stir. The heat of the

custard should be sufficient to melt it; if not, stir it over the fire until dissolved. Strain the custard into a bowl, and set aside to cool thoroughly before freezing. When cold, have ready freezer, salt, and ice. Pour the custard into the tin cylinder; pack with ice and salt and turn steadily (see General Directions for Ice-Creams). When the crank will scarcely turn any more, wipe off the top of the cylinder very carefully, scrape down the cream from the sides, and pour in the Whipped Cream (which has been first chilled and then whipped over a pan of ice, see receipt). Close the cylinder and freezer, being very careful that no salt gets inside. Turn again until too stiff, then carefully remove the dasher; scrape all the ice-cream down again; smooth it over; re-cover; put a stopper in the hole in the tin cover; pack with more salt and ice; cover with carpet and set away for 2 or 3 hours; or pack in a mould in the same way, filling the mould very full, and packing it in a pail of ice and salt.

VANILLA ICE-CREAM.

CRÈME GLACÉE À LA VANILLE.

2 quarts of milk,
3 cups of sugar,
3 yolks of eggs,
1 quart of cream,
2 tablespoons of flour,
Pinch of salt,
6 whites of eggs,
3 teaspoons of vanilla
1 teaspoon lemon.

Boil the milk and thicken with the flour, which has been rubbed smooth with a little cold milk. When smooth, add the sugar and salt. Remove from the fire, and stir carefully *into* the 3 beaten yolks of eggs. Return for 1 minute or 2 to the fire, stirring constantly, but do not boil. Set away to cool. Meanwhile, have the cream standing on ice. Whip it and the 6 whites of eggs separately, to a thick froth. When the first mixture is cold, add the flavoring, and, just at the moment of freezing, add the beaten cream and eggs (see General Directions for Freezing Ice-Creams).

CHOCOLATE ICE-CREAM.

CRÈME GLACÉE AU CHOCOLAT.

3 pints of whole new milk, 6 eggs,
1 pint of cream, whipped, 1 pound of sugar,
6 ounces Maillard's or Huyler's chocolate.

Put the milk into the farina-kettle and bring it to a boil. Grate the chocolate into a bowl. Add to it the eggs and sugar, and beat until well mixed. When the milk boils, stir it gently into the eggs, etc., stirring rapidly. When the chocolate is well melted, turn all back into the farina-kettle; place on the fire over hot water, and stir until the custard thickens a little, but do not let it boil. Strain the custard into a bowl and set away to cool. When cold, turn it into the freezer; pack as directed in General Directions for Freezing Ice-Creams, and when quite stiff, carefully open the freezer and put in the cream, which has been whipped with a Dover egg-beater in a bowl over a pan of cracked ice. Shut the freezer; turn again until very stiff; then pack the ice-cream in a mould, filling it very closely; put the cover on tightly; cover the crack with a strip of muslin dipped in butter, to keep out the salt; pack in a pail with salt and ice; cover with a piece of carpet, and set in a cool place for 1 or 2 hours. This ice-cream is very reliable, and delicious.

PHILADELPHIA COFFEE ICE-CREAM.

1 quart of cream, ½ pound of powdered sugar,
4 ounces of Mocha or 3 of Java coffee.

Grind the coffee coarsely; put it with 1 pint of cream in the farina-kettle on the fire, and let it stand without quite coming to a boil for 10 minutes; then strain and press it in a fine sieve until all the strength is pressed out. Add the sugar and stir until dissolved. When perfectly cold, add the remaining pint of cream, and freeze (see General Directions for Freezing Ice-Creams). When frozen, pack and stand 2 hours as directed.

PARFAIT AU CAFÉ.

1 quart of thick cream, 1 gill of strong black coffee,
½ cup of powdered sugar.

Mix the coffee, sugar, and cream; whip to a froth. As the froth appears, skim it off to a colander to drain. Whatever drains off may be whipped again. Use a Dover egg-beater, and stand the cream in a pan of cracked ice while you beat it. This will greatly facilitate the whipping. When all is done, turn it into an ice-cream mould; press the lid down tightly; bind the joint with a strip of muslin dipped in melted butter (to keep out the salt); pack in salt and ice, the layers of ice being 3 inches, and salt 1 inch, deep. Cover with a piece of carpet and set in a cold place for 3 hours or more. Turn out and serve. Renew the ice if necessary.

BISQUE ICE-CREAM.

1 quart of rich cream,
2 lady-fingers,
4 kisses,
1 teaspoon of caramel,
¼ pound of macaroons,
½ " " sugar,
1 teaspoon of vanilla,
5 tablespoons of sherry.

Rub the stale macaroons, kisses, and lady-fingers through a colander. Put 1 pint of cream in the farina-kettle; when hot, add to it the sugar. Stir until dissolved. Remove from the fire; when cool, add the remainder of the cream, and strain into the freezer. When frozen nearly stiff, add the vanilla, caramel, pounded cakes, and 5 tablespoonfuls of sherry. Beat until perfectly smooth (see General Directions for Freezing Ice-Creams). Re-pack as directed, and let stand 2 hours or more in a cold place before using.

BROWN-BREAD ICE-CREAM.

3 slices of Boston brown bread, 1 quart of cream,
½ pound of sugar.

Toast the bread in a cool oven, then roll and sift it through a fine sieve. Put 1 pint of cream in the farina-

kettle on the fire; add the sugar and stir until dissolved. Add the remaining cream and set away to cool. When cold, freeze according to General Directions for Freezing Ice-Creams. When frozen, beat in the brown bread; remove the dasher, and re-pack as directed. Set away 2 hours. Biscuit Ice-Cream is made in the same manner, substituting 6 ounces of sponge cake for the brown bread.

CARAMEL ICE-CREAM.

CRÈME GLACÉE AU CARAMEL.

1½ pounds of brown sugar, 3 quarts of cream,
1 pint of boiling milk.

Melt the sugar in the frying-pan until liquid, stirring all the time. Do not let it scorch or get too dark. Pour the caramel into the boiling milk by degrees, mixing well. When cold, strain it into the cream and freeze (see General Directions for Freezing Ice-Creams). One pint of the cream may be whipped and added as directed.

FROZEN PEACHES AND CREAM.

PÊCHES GLACÉES À LA CRÈME.

Select ripe peaches; peel and mash to a pulp. Make them very sweet, perhaps not quite as much as pound for pound of fruit and sugar, but they must be very sweet, as freezing destroys much of the effect of the sugar. Allow 1 pint of cream to each pint of peach-pulp and sugar, and freeze (see General Directions for Freezing Ice-Creams).

FROZEN PINE-APPLE CREAM.

CRÈME GLACÉE À L'ANANAS.

Select a ripe pine-apple; pare; remove the eyes; grate and proceed exactly as for Frozen Peaches and Cream.

FROZEN STRAWBERRIES AND CREAM.

FRAISES GLACÉES À LA CRÈME.

Mash the strawberries, stemmed. Allow 1 pound of sugar to 1 quart of fruit. When thoroughly mashed, add 1 quart of cream and freeze (see General Directions for Freezing Ice-Creams).

PINE-APPLE MOUSSE.

MOUSSE À L'ANANAS.

1 pine-apple, 3 level teaspoons of vanilla,
Powdered sugar, 3 tablespoons of Jamaica rum,
3 times the bulk of fruit in whipped cream.

Peel the pine-apple. Cut a few slices of it; lay them in a bowl, sprinkled with powdered sugar and a very little rum. Cover and set away until wanted. Grate the rest of the pine-apple into an earthenware bowl. Add to it the vanilla and rum and sufficient sugar to make it very sweet. Set the bowl over ice and stir until very cold. Meanwhile have ready beaten over a pan of ice the cream, which should then equal 3 times the bulk of fruit. Fill an ice-cream mould with the mixture. Fit the cover on closely; cover the joint with a strip of muslin dipped in melted butter, to keep out the salt; pack in salt and ice; the layers of ice being 3 inches, and salt 1 inch, deep. Cover with a carpet and set away in a cold place for three hours at least. When ready to serve, turn out the cream; place around it the slices of pine-apple and its syrup, and serve.

STRAWBERRY ICE-CREAM.

CRÈME GLACÉE À LA FRAISE.

1 quart of cream, 1½ quarts berries, stemmed,
1 pound of sugar.

Put 1 pint of cream and ½ a pound of sugar in the farina-kettle on the fire. When the sugar is dissolved, set aside to

cool. Put the remaining ½ of the sugar over the berries; mash and set aside for 1 hour. Then press through a sieve. Add the remaining cream to the scalded cream, and freeze (see General Directions for Freezing Ice-Creams). When frozen, stir in the fruit-juice; beat until smooth, and finish according to same directions.

PINE-APPLE ICE-CREAM.

CRÈME GLACÉE À L'ANANAS.

1 quart of cream,
1 pound of sugar,
1 large pine-apple,
1 lemon, juice only.

Put 1 pint of the cream with ½ of the sugar in the farina-kettle on the fire; stir until the sugar is dissolved. Remove from the fire and set aside to cool. Pare the pine-apple, removing the eyes and core. Grate the rest; mix it with the remaining sugar; stir until it dissolves. Add the remaining pint of cream to the scalded cream, and freeze (see General Directions for Freezing Ice-Creams). Add the lemon-juice to the pine-apple, and when the cream is frozen, stir the fruit into it. Beat thoroughly and finish as directed. If canned pine-apple is used, add the lemon-juice to it; add all to the cream and freeze.

FROZEN APPLE PUDDING.

24 apples, pared, cored, and quartered,
½ pint of apricot jam,
¼ pound raisins, stoned,
2 ounces of almonds, blanched,
1 pint of cream, whipped,
¼ pint of preserved or candied cherries,
½ pound of sugar,
1 orange rind, grated,
1 ounce of citron, sliced,
1 gill of curaçoa,
1 gill of maraschino.

Stew the apples until tender. Mix with them the orange-rind and apricot (or peach) jam, also the sugar. Mash them through a coarse sieve; freeze. Simmer the raisins for a few minutes in a little sugar and water. Drain, and add these, with the almonds shredded, the cherries, and citron, to the apples, when the latter are partly frozen. Add the curaçoa

and maraschino when the mixture is quite frozen. When the crank turns very hard, add the whipped cream. Turn a little longer, then fill a mould as described, and finish according to General Directions for Freezing Ice-Creams. When ready, turn out of the mould, and serve with a Sauce of Whipped Cream.

PLUM-PUDDING GLACÉ.

1 tablespoon of arrow-root,
2 ounces stoned raisins,
2 " currants, well washed,
2 " citron, chopped,
2 cups sugar,
1 quart of milk,
¼ pound brandied peaches,
1 quart cream,
½ pound chocolate,
2 eggs,
3 whites of eggs, or whipped cream for sauce.

Boil the milk; dissolve the chocolate in it. Rub the arrow-root up with a little cold milk or water, and stir in. When thickened, stir in very carefully the 2 eggs mixed smooth with a few drops of cold water. Stir and set aside to get cold. Add the fruit and flavorings. Whip the cream and add the sugar to it. At the moment of freezing, add this to the chocolate. Pack in a mould (see General Directions for Freezing Ice-Creams). Serve with Whipped Cream Sauce (see receipt).

N. B.—In putting the frozen pudding into the mould, be very cautious not to let a particle of salt get into it. Cover it tightly and set in a bucket with ice and salt until used.

NESSELRODE PUDDING.

Sponge-cake,
Candied, brandied, and preserved fruits, raisins, marrons glacés,
2 even tablespoons of gelatine,
1 quart chocolate custard (see Boiled Custard).

Soak the gelatine in a little cold milk for 1 hour; remove the crust and cut the cake (a baker's sponge-cake) in slices about ½ an inch thick. Trim them evenly. Soak them in a little sherry wine. Fit a layer of this in the bottom of a tin ice-cream mould (be sure the cover fits well). On this cake lay a layer of mixed fruits, using preserved, candied, and

brandied fruits of any kind, raisins, and marrons glacés. Put the fruit in bit by bit, carefully. Cover this with cake, leaving a space at the sides, between the cake and the mould; repeat this until the mould is nearly filled. Have ready the custard prepared according to the receipt given for Boiled Custard. When it is boiling hot, dissolve the gelatine in it; strain and set aside to cool. When cold, pour the custard into the mould very carefully; fill the mould not quite full; fit the cover closely; seal the crack with a strip of muslin dipped in melted butter. Set in a tub of ice and salt; the ice being 3 inches, the salt 1 inch, deep. Cover with a carpet and set in a cold place about 6 hours. See that the ice is kept over it; renew if necessary. When ready, turn out of the mould and serve with Whipped Cream Sauce.

FROZEN FRUIT PUDDING.

1 pint of rich milk,
1 " " rich cream, whipped,
1 pint of cut peaches or ripe berries,
3 eggs, yolks only,
1½ cups of sugar.

Beat the eggs well together with the sugar. Bring the milk to a boil; stir it carefully into the eggs and sugar. Return it to the kettle and stir over the fire until it thickens slightly; do not let it boil, or it will curdle. Set the custard aside to cool, then freeze as directed (see General Directions for Freezing Ice-Creams). When partly frozen, add the whipped cream. Turn a little longer, then stir in the fruit. Pack in a mould.

ALASKA, OR ROASTED ICE-CREAM.

Use the lower half of a round sponge-cake as the base; upon this place a small, very solidly-frozen form of ice-cream. Cover this thickly with a very stiff méringue of sugar and white of egg. Sprinkle with sugar. Heat a salamander, or, the kitchen shovel, red-hot, and hold it sufficiently close to the méringue to brown it on all sides. This gives the appearance of having been roasted, and at the same time the

ice-cream remains perfectly frozen. The uninitiated are quite convinced that it is roasted, and are much amazed at this culinary curiosity.

ICED PUDDING.

4 eggs, yolks only,
1 pint of boiled milk,
1 gill of maraschino,
4 tablespoons of sugar,
½ pint of cream, whipped,
Canned or dried fruit.

Make a Boiled Custard (see receipt) with the eggs, milk, and sugar; flavor with vanilla to taste. Freeze the custard in the usual way (see General Directions for Freezing Ice-Creams). When nearly frozen, add either 8 ounces of candied fruit, mixed in equal parts, or 1 ounce candied citron, sliced, 2 ounces of currants washed and dried, 2 ounces of raisins, stoned and chopped. Cover again and freeze for a few minutes longer, then add the cream. The maraschino is a good addition, but not indispensable. It should be put in with the fruit. Pack in a mould and finish as by General Directions for Freezing Ice-Creams. Serve with a Sauce of Whipped Cream.

LEMON WATER-ICE.

GLACE AU CITRON.

4 large juicy lemons,
1¼ pounds of sugar,
1 orange,
1 quart of water.

Peel the thin yellow rind from 3 lemons and the orange; put it, the sugar and the water in a saucepan; bring to a boil, and boil for 5 minutes. Set away to cool. Squeeze the juice from the lemons and orange; strain it into the syrup when cold. Strain the whole into the freezer, and freeze. Turn until stiff; remove the dasher; scrape down the water-ice. Cover it securely. Drain off the water; re-pack with salt and ice in layers of 3 inches ice and 1 inch salt. Cover with carpet. Set away in a cool place for 2 hours. Or pack in a mould, following the same directions. A little while before re-packing, may be added the whites of 2 eggs beaten to a very stiff froth; freeze again, then re-pack.

RASPBERRY ICE.

GLACE À LA FRAMBOISE.

1 quart of red raspberries,
Juice of 2 lemons,
1 quart of water,
1 pound of sugar.

Add the sugar and lemon-juice to the berries; stir and set aside for 1 hour. Press through a sieve; add the water. Freeze as directed for Lemon Water-Ice. The beaten whites of 2 eggs may be added. See above.

STRAWBERRY ICE.

GLACE À LA FRAISE.

1 quart of berries,
1 " " water,
1 pound of sugar,
Juice of 2 lemons.

Add the sugar and lemon-juice to the berries; mash and set aside 1 hour. Strain through a sieve; add the water. Freeze as directed for Lemon Water-Ice. The beaten whites of 2 eggs may be added. See above.

FROZEN PEACHES.

PÊCHES GLACÉES.

2 pounds of peaches,
6 peach kernels,
1 quart of water,
1½ pounds of sugar.

Peel and mash the peaches, removing the stones. Pound the kernels smooth. Add them to the sugar. Boil the sugar and water together for 5 minutes. Strain and set away to cool. When cold, add to it the mashed peaches. Put into the freezer and freeze as directed for Lemon Water-Ice.

FROZEN STRAWBERRIES.

FRAISES GLACÉES.

1 quart of strawberries,
Juice of 2 lemons,
1 pound of sugar,
1 quart of water.

Put the sugar and lemon-juice with the berries. Let stand 1 hour. Mash the berries; add the water; stir. When the sugar is quite melted, turn into the freezer and freeze according to directions for Lemon Water-Ice.

ORANGE SHERBET.

GLACE À L'ORANGE.

4 oranges, grated rinds, 2 whites of eggs,
1 pint of orange-juice, 1 pint and 1 gill of water,
1 pound of sugar.

Grate the rinds of the oranges, and soak for 10 minutes in boiling water. Strain 1 pint of this water upon the sugar; when this is dissolved, add 1 pint of orange-juice. When cold, freeze. When nearly frozen, add the whites of eggs beaten to a stiff froth. Close the can carefully and freeze again (see General Directions for Freezing Ice-Creams).

PINE-APPLE SHERBET.

GLACE À L'ANANAS.

Peel a ripe pine-apple; take out the eyes and grate to a smooth, even pulp. To 1 quart of this pulp, allow 1¼ pounds of sugar and 1 pint of water. Dissolve the sugar in the boiling water; when cool, add it to the fruit. Freeze. When nearly frozen, add the whites of 2 eggs beaten to a stiff froth. Close the top carefully. Freeze again (see General Directions for Freezing Ice-Creams).

CITRON ICE.

2 quarts of strong, rich lemonade, Scant ½ pint of sliced citron,
3 whites of eggs.

Steep some of the lemon-rind in the lemonade for 1 hour. Strain. Slice the citron thin and small; throw it into the strained lemonade; let it stand overnight, or, if time will not permit, boil it 1 minute; set away to cool. Freeze. When the crank turns very hard, open the freezer and add the whites of eggs beaten to a stiff froth; close the freezer carefully (see General Directions for Freezing Ice-Creams). Preserved watermelon-rind or citron may be substituted for the dried citron.

CURRANT SHERBET.

GLACE À LA GROSEILLE.

1 pint of currant-juice,
1 " " water,
1 pound of sugar.
3 whites of eggs.

Dissolve the sugar in the boiling water. When cool, add it to the strained juice. Freeze. When the crank turns very hard, open the freezer; add the whites beaten to a stiff froth. Close the freezer carefully; turn again until very stiff, and finish as directed (see General Directions for Freezing Ice-Creams).

STRAWBERRY SHERBET.

GLACE À LA FRAISE.

Juice of 2 quarts of berries mashed and strained,
Equal quantity of water,
2 pounds of sugar, dissolved in the water,
4 whites of eggs.

Mash the berries; cover with the sugar; let stand 1 hour or more; then press out the juice, add the water, and freeze as above; add the whites of eggs lastly. Close carefully; freeze again (see General Directions for Freezing Ice-Creams).

ROMAN PUNCH.

PONCHE À LA ROMAINE.

1 quart of lemon water-ice,
½ pint of Jamaica rum,
1 teaspoon of vanilla,
½ pint of champagne,
1 gill of maraschino.

Freeze the Lemon Water-Ice (see receipt) very hard; then add slowly the liquors. Beat well. Pack and cover the freezer; carefully cover and stand it away for 4 or 5 hours. It will not freeze perfectly firm on account of the alcohol. Serve in glasses.

FROZEN PUNCH.

SORBET.

6 lemons,
2 oranges,
1 pound powdered sugar,
1 gill rum,
½ pint champagne,
½ gill brandy,
1 pint water.

Peel the oranges and lemons, and squeeze out all the juice. Dissolve the sugar in the boiling water, and, when cold, add

it to the juice. Freeze very hard, according to receipt for Lemon Water-Ice. When firm, add the liquors. Re-cover carefully and turn long enough to mix well; then remove dasher; re-cover; pack with salt and ice and set away for 2 hours. It should be covered with a piece of carpet. The above will never become perfectly hard after the liquors are added, on account of the alcohol.

PRESERVES AND CANDIES.

NOTE.—Never make preserves on a damp day. Never use fruit picked in wet weather.

SYRUP FOR PRESERVES.

2 pounds best white sugar, 1 pint of fresh water,
1 white of egg.

Put all into a white, china-lined kettle. Stir well. Set on the fire and bring to a boil. Watch that the syrup does not rise too rapidly, and let it boil five minutes. It must bubble, froth, and rise before it will clear. Draw it on one side of the range and let it settle; then skim it very thoroughly. If the syrup at any time rises too quickly and threatens to boil over, if you cannot remove the kettle easily, throw in a dash of cold water and it will be checked immediately; then you can safely move it to one side. The kettle, on account of this, should be much larger than seems necessary.

PEACHES PRESERVED IN SYRUP.

Prepare the syrup as directed above. Peel; cut in half; remove the stones; when the syrup has been skimmed and brought again to a boil, drop in a few peaches at a time; boil until thoroughly tender, 15 to 20 minutes. They should be tender enough to pierce with a whisp. Drain out the fruit and put it in the jars. When all are done, boil down the syrup rapidly for 20 minutes or more, but be careful that it does not scorch. If any scum rises, remove it. Fill the jars with the boiling syrup, having previously poured off the

thin syrup from them. Set aside to cool. When cold, screw the tops on. If in open jars, cover first with brandied papers, then with white paper fastened on with flour-paste. Clean, label, and set away.

Pears may be preserved according to above receipt.

BRANDIED PEACHES.

Select for this purpose white peaches that are not too ripe: Morris Whites, Smocks, or White Heath, are considered best for the purpose. Peel very carefully, so that the mark of the knife shall not be visible. If well done, this saves, too, the troublesome process of skinning with lye. Melt in a porcelain-lined kettle 2 pounds of granulated sugar in 3 quarts of water. Weigh the fruit; then put in the peaches, a few at a time, to scald. When they are boiled tender, so that they can be pierced with a broom-whisp, skim them out and lay on a platter. When all are scalded (taking care not to cook them too much), make a syrup as follows: Take one half the weight of peaches in sugar. Allow 1 gill of the first syrup to every pound of fresh sugar. Put it into the kettle and bring it slowly to a boil. It will take some time for the sugar to dissolve. It must boil up rapidly once, then be stood aside to settle. Skim then, not before. Then bring to a boil again. Put the peaches into this strong syrup, a few at a time. Scald for about 5 minutes; remove to jars. When all the peaches are cooked, boil down the syrup for 10 to 20 minutes, until very thick, taking care not to scorch it. Skim again. Drain the syrup from the jars. Fill the jars ⅓ with the rich syrup. Fill to the top with the best 4th-proof French brandy. Cover and set away. Much care and taste must be used in handling and packing the fruit in jars. If liked, crack the stones and put 6 peeled kernels to each pint-jar.

N. B.—To peel the kernels, throw boiling water over, and stand 5 or 10 minutes, when the skins will come off easily.

PRESERVED WATERMELON-RIND.

8 pounds of rind, when cut up,
6 gills of water, including that in which the lemons are boiled,
6 pounds of sugar,
3 or four ounces of ginger, according to taste for same,
5 lemons (large).

Peel the rind, removing also the pink part of a watermelon that is not fully ripe. Cut into pieces about 1 inch square. Cover with cold water, adding a little salt. Next day throw off that water. Cover with fresh water, adding this time a pinch of alum. Next morning rinse it well until all the alum is thoroughly washed off, and let it stand covered with cold water until you are ready to use it. Slice the lemons; remove the seeds; cover with boiling water, and boil until thoroughly tender, which will take fully 30 minutes. Scrape and slice very thin 3 ounces of green ginger. Put it down to boil in a saucepan, and boil until tender, which may perhaps take 2 hours (or less), according to the toughness of the root. But it must be tender before using. Weigh the watermelon-rind and allow about ¾ of a pound of sugar to each pound of rind. Put the sugar by itself in the preserving kettle, adding 1 gill of boiling water to each pound of sugar. Let it gradually dissolve and come to a gentle boil. Meanwhile put the watermelon-rind into boiling water in another vessel, and boil (covered) until tender, which will take from 30 to 45 minutes. When it looks evenly transparent, remove it from the fire; drain off all the water; wring it in a towel to squeeze out all moisture; then lay the pieces on a platter to cool. They will look very discouraging and limp, but that is right. Now to return to the syrup. The water in which the lemon has been boiled should be used to wet the sugar, as far as it will, then plain boiling water added to make up the quantity required. Now bring the kettle forward and let the syrup come to a rapid boil, which it has to do before it will become crystal-clear. When it has bubbled and frothed up well, push it to the side of the range where it will subside again, *then* skim it thoroughly; skimming before this point is waste of time

and sugar. When well-skimmed (our best Havemeyer & Elder or Moller brands require hardly any skimming), put into the syrup the watermelon, the sliced lemon, and the ginger, if it is yet tender. You can also add a little of the water in which the ginger has been boiled, if it is very pungent and strong. It will improve the flavor decidedly. Boil until the rind has filled out again thoroughly, and looks rich and transparent; then skim out the fruit into jars or tumblers; boil down the syrup for 15 or 20 minutes; pour the syrup over the fruit generously, and your preserved watermelon-rind is completed. It keeps admirably, and, though complicated, is not really troublesome. Citrons and drumheads may be treated as above.

PRESERVED PLUMS.

Make a Syrup for Preserves, as directed. When boiling again, after being well skimmed, drop in, a few at a time, plums which you have previously pricked with a coarse needle. Half of the stem may be left on, but this is not recommended. Boil the fruit very gently in the syrup for 20 minutes or more, until thoroughly soaked through. Then remove the fruit with a skimmer. Pack it in jars, ¾-full. Boil down the syrup 20 minutes or more until quite thick; fill the jars to the top and set away to cool. Next day finish as directed for Peaches Preserved in Syrup.

CHERRIES PRESERVED IN SYRUP.

Prepare a Syrup for Preserves, as directed.

Cut ½ the stem off of the cherries. Proceed as above directed for plums; boiling perhaps a few minutes less, say 15 instead of 20 minutes. Finish as directed for Peaches Preserved in Syrup.

PEACH SWEETMEATS.

Allow 1 pound of granulated sugar to 1 pound of fruit, 6 kernels to every pint jar.

Weigh the fruit; pare, and cut in ½. Put it into the kettle and stand on one side. When the juice begins to run, add the sugar; when it dissolves, bring the kettle forward and let it boil until the peaches are thoroughly tender, as much cooked as they can be without going to pieces. Skim the fruit out. Drain. Fill the jars. Let the syrup boil quickly for 20 minutes, taking care that it does not scorch. Draw to one side and skim; then fill the jars. Cool; cover; wash, and set away. These are very simple and keep well.

STRAWBERRY SWEETMEATS.

2 pounds of granulated sugar, 2 heaping pints of very large berries, 2 gills of boiling water.

Put the sugar in a china-lined preserving kettle with the water; stand it on one side of the range until the sugar is dissolved; then draw it forward, and, when boiling, put in the fruit. Boil about 10 minutes or more until the fruit is clear; boil very gently, or the berries will break. Put them in tumblers or jars while the syrup boils down about 20 minutes, or more, according to the wateriness of the fruit. The syrup must be rich and thick. Draw aside and let it settle; then skim. Boil up once more and pour over the fruit, having first drained from it the thin syrup; cover. If any syrup remains over, add to it enough vinegar to flavor; boil up; bottle and cork. It will make a refreshing drink after the style of Raspberry Vinegar. Great care must be taken to keep the berries not only whole but round, therefore while the jars are cooling, screw the covers on tightly; turn the jars from side to side, to prevent settling flat.

BLACKBERRY SWEETMEATS.

Allow 1 pound of granulated sugar to 1 pound of fruit. Choose by preference the Lawtons for this purpose. Put the fruit into a porcelain-lined kettle and set on a very moderate fire until enough juice is drawn out to prevent scorching. Boil until perfectly tender, 10 or 15 minutes at least; then

add the sugar; mix very carefully, not to bruise the fruit. Do not boil again. Just as soon as the sugar is thoroughly dissolved, fill the jars as quickly as possible. Cover immediately.

For Blackberry Jam, stir the fruit constantly and boil hard for 20 minutes, allowing ¾ of a pound of sugar to 1 pound of fruit.

CURRANT SWEETMEATS.

Allow 1 pound of sugar to 1 pound of fruit.

Pick over the fruit carefully, removing stems, leaves, etc. Weigh the fruit. Put it into a china-lined kettle and warm slowly. Stew gently from 20 to 30 minutes. Then add the sugar. Mix it through the fruit very carefully; do not mash it. Do not boil again. Just as soon as the sugar is perfectly dissolved, fill the jars quickly; cover cold, and set away. White currants and black may also be used as above.

CHERRY SWEETMEATS.

May be prepared as above, as, indeed, may nearly all small fruits.

GRAPE SWEETMEATS.

Allow ¾ of a pound of sugar to 1 pound of fruit.

Select, by preference, Isabellas, or some good, out-door, black grape. Weigh the fruit. With your fingers, squeeze the pulp from the skin of each grape, throwing the pulps into one bowl, the skins into another. This is called "popping" (not the question, but) the grapes. When done, put the pulp into a porcelain-lined kettle on the fire. Heat gradually, and then stew gently for about 15 minutes until, by testing, you will find that the seeds come out easily. Turn them into a coarse sieve and press all the juice and pulp through, leaving behind only the seeds. Now put pulp and skins back on the fire in the same kettle, and, when boiling, add the sugar, and continue to boil for about 30 minutes; it should, by this time, be a rich dark color, and quite thick; if not, boil 15 minutes longer. Put into jars or glasses; when cold, screw on the covers, wash, and set away.

GRAPE JELLY.

Proceed exactly as above, up to the point where the sugar is to be added. When the pulps and skins have boiled together 15 minutes, dip out some of the juice (it need not be strained), but no skins. To every pint of juice, allow 1 pound of sugar. Bring the juice to a rapid boil for 10 minutes; then add the sugar, and, when thoroughly dissolved, put into glasses. When cold, cover. This jelly is never as clear or as firm as Currant Jelly, but is very good, and serves as a useful substitute for the latter in many cases. It is well to make the jelly at the same time as the preserves, as it saves trouble and time. It is useless to strain the above, as it is never transparent under any circumstances.

CURRANT JELLY.

"The following receipt has three advantages: first, it never fails; secondly, it requires but half the usual quantity of sugar; thirdly, it is far less trouble than the usual method." With such a recommendation from its author, it is felt safe to give the receipt.

Weigh the currants without removing the stems. Do not wash them, but carefully remove all leaves and twigs that may adhere to them. To each pound of fruit, allow ½ the weight in granulated sugar. Put a few currants into a porcelain-lined preserve-kettle. Mash them to provide juice enough to prevent scorching. Then add the rest of the fruit; heat gradually; then boil briskly for 20 minutes, stirring occasionally to prevent scorching. Then transfer to a close, strong jelly-bag, letting the liquid run into earthen or wooden vessels, never into tin, the acid of the fruit acting on the tin, affecting both color and flavor. When strained, return the juice to the kettle, without measuring. Bring it to a boil. Let it boil hard for a minute or 2, then add the sugar. The very instant the sugar is entirely dissolved, the jelly is ready, and must immediately be put into glasses. It will jelly in the cup as it is being taken up.—*Mrs. Henderson in "Practical Cooking and Dinner-Giving."*

Gather the currants for jelly as soon as ripe; they will not jelly as well if allowed to get too ripe, as the pulp softens. Never gather fruit for jelly or preserves while wet with rain, or immediately after a rain. They must be entirely free from dampness, as well as from moisture. The first week in July, in these latitudes, is generally the best (and hottest!) time for making currant jelly. The above receipt may also be followed for Raspberry and Currant Jelly, using the fruits in equal quantities, or ¾ currants to ¼ raspberries. It is much more delicate and delicious than that made from currants alone.

PEACH MARMALADE.

To every pound of fruit, allow ¾ of a pound of sugar.

Peel the peaches, and cut in small pieces, having previously weighed them. Put the fruit and sugar into a porcelain-lined preserving-kettle. Stir frequently to prevent scorching. Set the kettle where it will *simmer* steadily and gently. Let it cook, stirring frequently, for about 5 hours, until boiled down to thick marmalade. Crack and skin a handful of kernels, and add to the kettle. The marmalade will be ready to remove from the fire in 4½ to 5 hours, according to the heat of the fire. Skim. Put in glasses or jam-pots. It will keep for a long time, and is a most satisfactory preserve, giving very little trouble.

N. B.—Do not boil it until it is dark brown, as is often done, nor until as thick as paste; it will become thicker as well as darker when put away.

PINE-APPLE MARMALADE.

Allow 1 pound of sugar to every pound of fruit.

Weigh the fruit; then peel, take out the eyes, and grate the pine-apples coarsely. Put them, pulp and sugar, in a china-lined preserve-kettle on the fire. Heat gradually. Stir often. Cook very gently, but steadily, until clear and thick, which may require perhaps as much as 3 to 3½ hours. Put into tumblers, and, when cold, cover.

TO KEEP PIE-PLANT.

Wash out preserve jars, and fill them with cold water. Cut the rhubarb, or pie-plant, into lengths of 2 inches. Peel or not, as you prefer. Throw the rhubarb into the jars. As they fill, the water will overflow. When full, screw the tops on the jars and set away. The water excludes the air, and the fruit, treated in this way, will keep for months. When required for use, drain off the water, and cook according to any of the usual modes.

JAMBOREE.

7½ pints of grape juice,
8½ pounds of pears, peeled and cut fine,
8½ " " apples, " " " "
12 pounds sugar.
Ground cinnamon,
" allspice,
" cloves,

Prepare the grapes as for Grape Jelly (see receipt), allowing ½ pound of sugar to every pint of juice. When it has boiled rapidly for 20 minutes, put this syrup into a large kettle with the pears, apples, and sugar, allowing ½ a pound of sugar to 1 pound of pears and apples. Bring to a boil; then set aside where it will simmer gently, but without interruption. Stir very often, and mash the fruit as smooth as possible. After 4 hours and 30 minutes, add ground spices, as above, using very little cloves. Mix well. Continue to boil for about 6 hours in all. Then, if like thick batter, put into jars. When cold (after 1 or 2 days), cover. The jamboree should be almost of the consistency of apple-butter.

MOLASSES CANDY.

1 cup of New Orleans molasses,
1 tablespoon of vinegar,
1 cup of brown sugar,
1 ounce of melted butter.

Mix and boil together, without stirring, for about 25 minutes, until it hardens when a little is dropped into cold water. Add 1 level teaspoonful of baking-soda, and stir only just enough to mix. Pour immediately into shallow, well-

buttered tins, and set away until hard. *Or*, pull it, dipping the hands, during the process, in ice-water or in melted butter.

PEA-NUT CANDY.

Remove shells and skins from the nuts; almost fill the greased pans with them; pour over them the hot Molasses Candy (see above) when sufficiently boiled, and set away in a cool place to harden.

PECAN-NUT CANDY.

4 pounds of brown sugar,
1 quart of kernels,
1 pound of butter,
½ pint of boiling water.

Put the sugar in a saucepan with the boiling water. Boil hard for 20 minutes. Add the butter. Boil 5 minutes. Stir hard. Add the nuts. When it comes again to a boil, pour it into small buttered tins or saucers, and set away to harden.

BLACK-WALNUT CANDY.

Make exactly according to above receipt.

CARAMELS.

1 cup of molasses,
2 cups " grated chocolate,
2 " " cream (sweet),
1 cup of brown sugar,
1 " " white "
Vanilla to taste,
1 teaspoon of flour.

Mix together to a smooth paste the flour, chocolate, and some of the cream. Boil 30 minutes, with the sugars, cream, and flavoring. Pour into greased, flat pans, and when almost cold, mark in squares with a knife.

PICKLES, CATSUPS, ETC.

NOTE.—Nearly all pickles are much improved by being allowed to stand some time before being used.

GREEN TOMATO SOY.

2 gallons sliced green tomatoes,
12 large onions, sliced,
12 green peppers, "
2 quarts best cider vinegar,
1 quart brown sugar,
2 tablespoons of salt,
2 " " ground mustard,
2 " " black pepper,
1 tablespoon of allspice,
1 " " cloves.

Stew all together until tender, stirring often to prevent burning. They will require about 5 hours' slow boiling. Put up in small glass jars, letting the vinegar cover the pickles well. The pickle should be allowed to stand some time before using.

GREEN TOMATO PICKLES.

1 cup of salt,
2 pounds of brown sugar,
1 gallon of best cider vinegar,
1 tablespoon of white mustard seed, whole,
1 tablespoon of ground mustard seed.
½ teaspoon of red pepper, or pods in strips,
2 quarts of boiling water,
1 peck of green tomatoes, sliced,
6 large onions (white), chopped fine.

Sprinkle the tomatoes and onions with salt and stand overnight. Next day, drain. Boil 15 minutes in 2 quarts of boiling water and 1 quart of vinegar. Drain again. Prepare the pickle with the rest of the vinegar and spices; add the tomatoes and onions to it. Boil 2 hours, stirring frequently to prevent scorching. Put into jars while hot. Let the vinegar cover the pickle well. Close and set away. Recommended.

BLACK PICKLE.

1 peck of green tomatoes, sliced,
Handful of salt,
1 pint brown sugar,
1 gallon best vinegar,
1 ounce ground cloves,
1 " " ginger,
1 " " pepper,
1 " " allspice,
2 ounces dry mustard.

Throw the salt over the sliced tomatoes; let them stand overnight. In the morning, squeeze out the salt, and put the tomatoes in the kettle. Mix the spices, etc., together in a bowl. Sprinkle them over the tomatoes. Add the vinegar, and let all boil slowly for 5 hours, stirring frequently to avoid burning. Put the pickles in jars. Let the vinegar cover the pickles well. Cork and seal the jars. It will keep for years (if allowed to).

This is an old-fashioned receipt, and is worthy of being perpetuated.

CELERY PICKLE.

¼ pound white mustard seed,
2 quarts of chopped white cabbage,
2 " " " celery,
3 " " vinegar, best,
2 tablespoons of salt,
4 or 5 tablespoons of sugar,
½ ounce white ginger-root (crushed in a mortar),
½ ounce turmeric.

Boil all together, in a porcelain-lined kettle, slowly for 4 or 5 hours (no longer), until the cabbage and celery are perfectly tender. Put into jars. Let the vinegar cover the pickle well; cork tightly. Do not let the pickle boil hard at any time.

PEPPER PICKLE.

25 green peppers,
Double their bulk in cabbage,
2 gills of salt,
Vinegar to cover,
1 tablespoon of mustard seed,
1 " " ground cloves,
1 tablespoon of ground allspice.

Remove the seeds from the peppers and chop the fruit. Chop the cabbage. Add all the other ingredients; cover with cold vinegar. Put in jars, being careful that the vinegar covers the pickles. Cork tightly.

Use a napkin or cotton gloves to prepare the peppers, or they will burn your hands.

PICKLED NASTURTIUMS.

Have jars partly filled with salted vinegar; as the nasturtiums are gathered, wash and dry them and throw them into the vinegar, always being careful that the vinegar covers the nasturtiums.

INDIAN PICKLE.

1 white cabbage,
Cauliflower,
Radish-pods,
String-beans,
Gherkins,
Small white onions,
Nasturtiums,
Peppers, etc.,
1 gallon of vinegar,
6 cloves of garlic,
12 shallots,
2 sticks sliced horse-radish,
¼ pound of ginger-root,
2 ounces whole black pepper,
1 ounce whole allspice,
12 cloves,
¼ ounce cayenne,
2 ounces mustard-seed,
¼ pound ground mustard,
1 ounce turmeric.

Slice a firm, white cabbage; divide the flowerets of the cauliflowers; sprinkle salt over them in a large dish, or wooden tub, and set aside for 48 hours; then dry and put them into a large jar, with the garlic and other seasonings in the above proportions. Boil the vinegar and pour over them; the vinegar should cover the vegetables well. When cold, cover the jar.

As the other vegetables ripen in season, they may be added to the jar. They must first be washed in cold vinegar, wiped, and then simply added to the other ingredients in the jar, only taking care that they are *covered* by the vinegar. If more vinegar should be required, do not fail to boil it before adding to the rest. When all the vegetables are collected, turn the contents of the jar into a large bowl; mix thoroughly. Pack the vegetables in smaller jars without the vinegar. Boil the vinegar again, adding to it as much more as may be required to fill the jars, and adding to this cold fresh vinegar more of the same seasonings in the above proportions. Bring to a boil, and, while boiling, pour over the pickle. When cold, cover. This keeps well, if entirely covered with vinegar.

PICKLED ONIONS.

To 1 quart of vinegar allow:

2 tablespoons whole allspice, 2 tablespoons whole black pepper.

The onions should be of the smallest, white, ripe, and dry. Remove the first skin with the fingers; the second skin with a silver knife; (steel spoils the color of the onions). Pack in well-washed and dried bottles or jars. Pour over the onions sufficient cold vinegar to cover, seasoned with pepper and allspice in the above proportions. Be careful that the vinegar covers the onions well. Cover and tie down tightly, to exclude the air. In a fortnight the onions will be ready for use. The above receipt is simple, and the onions nice and crisp. They should, however, not be kept more than 6 or 8 months, or they may soften. Mason's Latest Improved Jars are recommended for this purpose.

PICKLE HASH.

½ medium-sized cabbage,
4 large heads of celery,
4 tablespoons of grated horse-radish,
6 large green tomatoes,
1 large or 2 small Spanish onions,
2 cucumbers,
1 red and 1 green pepper,
Best cider vinegar.

Chop all and mix together. Put a layer 2 inches deep in a crock; sprinkle with 1 tablespoonful of salt; then put another layer of vegetables and salt, and so on until all are used. Let stand 24 hours. Drain. Press out all liquid. Cover with boiling water. Let stand 10 minutes, then press out all moisture with the hands. Bring the vinegar to a boil. To every quart of vinegar, add ¼ teaspoonful of powdered alum, and dissolve. Put the vegetables in the jar 2 inches deep; sprinkle with mustard-seed, black pepper, and horse-radish; another layer of vegetables, another of spices, and so on. Pour over this the boiling vinegar. Let it cover the pickle well. Cover tightly. Let stand a few days. Keeps well.

PICKLED GHERKINS OR SMALL CUCUMBERS.

Scald with brine and set aside in the brine 24 hours. Drain dry and wipe. Put in jars. Throw over them well-spiced boiling vinegar (see receipt for Green Tomato Pickles). Let stand 2 weeks or longer before using. The vinegar must cover the pickles well.

PICKLED STRING-BEANS.

Lay young, tender beans in strong brine overnight. Drain and dry. Fill jars with them. Cover with hot, spiced vinegar (see Green Tomato Pickles), with ¼ teaspoonful of powdered alum to 1 quart of vinegar. Let the vinegar cover the pickles well. Cork, and set away for 6 weeks at least.

PICKLED CAULIFLOWER.

Scald until tender; separate the flowerets; drain and finish as Pickled String-Beans.

GREEN TOMATO SWEET PICKLE.

Pare 2 pounds of firm green tomatoes. Boil them in hot vinegar and water (½ of each) for 30 minutes. Make a syrup of 1 pint of strong vinegar and 1½ pounds of brown sugar for every 2 pounds of the tomatoes. Spice to taste with cinnamon, mace, and ginger-root (all whole). Boil 20 minutes. Drain the tomatoes from the plain vinegar and water; put them into the syrup and boil 45 minutes. Put into preserve jars; cover well with the syrup; when cool, close and set away.

SPICED PEACHES.

7 pounds peaches, ¾ ounce stick-cinnamon,
3 " brown sugar, ¾ " whole cloves,
1 quart vinegar.

Let the sugar, spices, and vinegar simmer gently while peeling the peaches; then boil all together until the fruit is tender. Put in jars and cork tightly. Let the vinegar cover the fruit well.

PEPPER VINEGAR.

Fill a small bottle ½-full of *very* small cherry peppers or chillies; fill it up with best wine or cider vinegar. Will be ready for use in a few days. The older it grows, the stronger and better it is. The bottle may be filled up with vinegar as it diminishes. Two or 3 drops for a plate of soup or salad will be found sufficient.

SPIRITS OF PEPPER.

Fill a small bottle, as above, ½-full of peppers; fill it up with pure alcohol. Cork tightly and set away for several months, or even years. It is improved by time. Use, as above, for soups, salads, sauces, etc.

TARRAGON VINEGAR.

VINAIGRE À L'ESTRAGON.

Put into a clean quart bottle ½ pint of tarragon leaves; fill it with best wine or cider vinegar. Steep for 2 weeks. Then strain through a flannel bag; bottle, cork, and seal. Set away in a cool place.

CUCUMBER CATSUP.

Pare, split, remove the seeds, and grate the cucumbers. Allow to each pint of pulp:

½ pint good vinegar (cold),
¼ teaspoon cayenne,
1 teaspoon salt,
2 level tablespoons of grated horse-radish.

Drain the pulp before adding to it the other ingredients. Bottle, cork tightly, and seal. The horse-radish may be omitted.

TOMATO CATSUP NO. I.

1 bushel of ripe tomatoes,
½ gallon best vinegar,
½ pound brown sugar,
½ pint of salt,
1 " " alcohol,
⅛ ounce cayenne, ground,
1½ ounces black pepper, ground,
1½ " allspice, ground,
2 " mustard, "
1 ounce ginger, "
½ " cloves, "
½ " garlic, chopped fine.

Boil the tomatoes whole in a china-lined kettle for 30 minutes. Press through a coarse sieve all except seeds and

skins. Now boil down to 1½ gallons; add vinegar. Boil again to 1¾ gallons. Then add spices, garlic, etc. Mix. Bring to a boil, stirring continually; remove from the fire. Add alcohol. Bottle while hot. Cork and seal. This is a day's work.

TOMATO CATSUP NO. II.

½ bushel of ripe tomatoes,	¼ ounce of ground mace,
½ ounce of cayenne,	¼ " " " ginger,
1 head of garlic,	¼ " " " cloves.

Slice the tomatoes without peeling. Put into a china-lined kettle, and boil until tender. Press through a sieve all the pulp. Boil until reduced to ⅔ of its bulk. Add all the ingredients, and boil 30 minutes longer; then bottle, cork, and seal.

SPICED VINEGAR.

VINAIGRE AROMATISÉ.

3 pounds of sugar,	2 ounces of whole mace,
2 ounces " whole cloves,	3 " " " pepper,
2 " " " allspice,	2 " " " turmeric,
2 " " " celery-seed,	2 " " " white ginger, cut in bits.
2 " " " mustard-seed,	3 gallons of best cider vinegar.

Mix the spices; put them in bags of thin but strong muslin; lay them in a 3-gallon crock with a small neck, and fill it with the best cider vinegar. Keep closely covered, and use for salads and sauces. After infusing until well flavored, it may be strained into bottles, corked, sealed, and set away.

BEVERAGES, ETC.

DRIP-COFFEE FOR BREAKFAST.

CAFÉ AU LAIT.

Use for this the French coffee biggin. See that the strainers are all in place and the coffee-pot *absolutely* clean. This is a more important point than is generally imagined. Tin coffee-pots require more than ordinary care, for the reason that the chemical action of the coffee upon the tin creates a bluish substance which collects and clings to every crevice and seam, and, in the course of time, affects the flavor of the coffee most peculiarly and unpleasantly. Use, therefore, in preference, a coffee-pot made on the system of the biggin, but in earthenware instead of tin. They are imported to New York, and are not expensive, their only disadvantage being the fact that they are breakable. Having the strainers all ready and in order, and the coffee ground just fine enough not to pass through the second strainer, put it into the biggin, allowing 1 heaping tablespoonful of ground coffee for each cup, and one for the coffee-pot. Place the top strainer in position. Set on the corner of the range and pour in the measured quantity of water required, which should be *freshly boiled.* Cover. Let it trickle through; then pour the coffee into a cup and back over the grounds once or more, according to the degree of strength required. Keep the coffee-pot where it will be just short of boiling, and be sure the spout and top are well covered while the coffee is dripping. Serve immediately with boiled milk.

AFTER-DINNER DRIP-COFFEE.

CAFÉ NOIR.

Make exactly the same as Drip-Coffee for Breakfast, allowing ½ the usual quantity of boiling water to the amount of coffee indicated. Serve at the same time a small pitcher of very sweet cream. If the cream is not fresh as well as sweet, the heat of the coffee will curdle it.

BOILED COFFEE.

Allow the same proportions as for Drip-Coffee that is, 1 heaping tablespoon of ground coffee to each cup, and 1 for the pot. Mix with the raw grounds the white of 1 egg to about 5 cups of coffee, and ½ cup of cold water. Crush the shell of the egg and throw it into the coffee-pot. Put in the coffee and white of egg, then pour on freshly-boiled water to the amount required; close lid and spout tightly. Let it boil for about 3 minutes hard, then throw in about a wine-glassful of cold water to settle it; draw it a little aside, where it will keep very hot but not boil, and let stand 10 or 15 minutes; serve then, immediately, with boiled milk. Breakfast coffee with cream need not be quite as strong as that drunk with milk, as the latter serves to dilute it more. In making coffee (especially boiled coffee) be sure that the spout is tightly closed, as well as the lid, to keep in the aroma. There are many varieties of coffee-pots, each having with it the directions for its special use. The above receipt is for a plain coffee-pot.

TO MAKE GOOD TEA.

Put the tea-kettle on the fire, filled with fresh, cold water, and bring it to a boil. Select a tea-pot of an appropriate size for the quantity of tea you wish to make; that is, for a few cups do not use a large tea-pot. As soon as the water comes to a boil, pour some of it into the tea-pot and let it stand on the corner of the range for 1 or 2 minutes, until it is

thoroughly heated. Throw out this water; leave the cover open; stand again on the range until dry, only a few minutes. Now put in the tea, allowing 1 teaspoonful for each person and 1 for the pot. Close the lid and leave the tea-pot upon the range 1 minute, or perhaps 2, until the tea-leaves are heated through. Now pour on *at the one time* all the water you will require. Close the lid and stand in a hot corner 3 to 5 minutes, then serve it *immediately.*

For teas, where the one tea-pot has to serve an unknown number of guests, it should be replenished from the boiling kettle after each cup that is taken from it. The tea-pot, if of moderate size, should be ½ filled with leaves, and then it need not stand to draw, if kept constantly replenished from the boiling kettle after each cup. When it begins to look weaker than it should, have the leaves thrown out and fresh tea made as before.

RUSSIAN TEA.

Make the Tea as directed. Serve it in glasses with sugar to taste and a slice of lemon in each glass.

ICED TEA.

Make the Tea as directed. Put it in the ice-box. When ready to serve, ½ fill a glass pitcher with ice; put in a sliced lemon; sweeten the tea, and pour it over the ice. Stir until very cold, and serve. The tea should not be as strong as for drinking hot.

CHOCOLATE.

CHOCOLAT.

1 ounce of grated chocolate, ½ pint of new milk,
3 tablespoons of whipped cream.

These are the proportions for 1 cup. Melt the chocolate in a farina-kettle with 1 or 2 tablespoonfuls of the cold milk. Bring the rest of the milk to a boil. When the chocolate is melted, stir in the boiling milk, add sugar to taste, cover,

and boil 5 minutes over boiling water. Remove; beat with a Dover egg-beater until light and smooth. Serve with the whipped cream heaped upon the chocolate in the cup.

COCOA, BROMA, RACAHOÛT.

These all have the directions for making printed on the package.

ICED COCOA AS A SUMMER DRINK.

This is very wholesome and innocuous. Follow directions for the proportions given on the package, using ½ of the liquid allowed, and that water. When made and well-sweetened, put it away on the ice. Put cracked ice in a tumbler; put ½ of cold cocoa, fill with ice-cold milk. Or, have the cocoa made in the proportion of ¼ of the liquid allowed; sweeten, cool it, and use with 3 parts of soda-water. It is nourishing as well as refreshing.

EGG-NOGG.

3 gills of rum,
1 gill of brandy,
1 quart of cream,
1 pound powdered sugar, scant,
1 nutmeg, grated,
1 teaspoon of ground mace,
10 eggs, beaten, whites and yolks apart.

Beat the yolks to a cream; add to them the other ingredients; adding the whites, beaten to a stiff froth, just before the cream. If bottled and put in a cold place, will keep 3 or 4 days, but must be shaken before being used. Recommended.

EGG AND WINE.

Break the white of 1 egg upon a plate, the yolk into a tumbler. Beat the yolk to a cream with a small teaspoonful of powdered sugar; add one teaspoon of sherry wine or ½ the quantity of brandy or rum. Beat the white to a stiff froth; then beat this into the yolk until evenly and thoroughly mixed. A little chopped ice may be beaten with the yolk of egg. Grate a little nutmeg over the top and serve very cold. This is excellent for delicate people and invalids.

MULLED CLARET.

VIN CHAUD.

1 cup of claret,
Grated nutmeg,
6 whole cloves,
1 cup of boiling water,
2 or 3 tablespoons of soft sugar,
12 whole allspice,
4 inches stick-cinnamon.

Boil the water with sugar and spices for 10 to 15 minutes, until thoroughly flavored with the spices. Dissolve the sugar in it. Remove from the fire and pour into a covered pitcher through a strainer. Have the claret in the pitcher. Add a little nutmeg, and more sugar if necessary. Serve immediately.

TEA-PUNCH.

PONCHE AU THÉ.

6 lemons,
1½ pounds of granulated sugar,
1 quart of strong green tea,
1 " " Jamaica rum.

Peel the thin yellow rind from the lemons; squeeze the juice. Add these to the sugar. Pour the tea, while boiling, over the sugar. Add the rum. Bottle, and stand away for use. Less rum may be used if preferred. It should be diluted with ice before being used.

BLACKBERRY CORDIAL.

2 pounds of sugar,
½ ounce of ground cinnamon,
½ " " allspice,
½ ounce of ground nutmeg,
¼ " " cloves,
1 pint of 4th-proof best French brandy,
2 quarts of blackberry-juice.

Boil the juice, sugar, and spices 2 hours. Strain. Then add immediately the brandy. Bottle while hot; cork, seal, and set away.

GINGER-BEER.

1½ pounds granulated sugar,
2 ounces cream of tartar,
4 quarts of boiling water,
2 ounces bruised ginger-root,
Juice and rind of 1 lemon,
1 tablespoon of yeast (or ¼ yeast cake).

Put all the ingredients in a bowl with the water, adding the yeast when lukewarm. In 6 hours strain; put in bottles with patent tops, for it becomes effervescent. Keep in a cool place.

ROOT-BEER.

The roots come already prepared in small packages with directions for use. To be had at the grocers.

RASPBERRY VINEGAR.

VINAIGRE FRAMBOISÉ.

1 quart of vinegar, 6 quarts of raspberries,
Sugar.

Pour the vinegar over 3 quarts of ripe raspberries in a crock; let them steep 24 hours. Strain. Pour this liquor over 3 quarts of fresh raspberries, and let it infuse again 24 hours. Strain again. Measure the juice, and add 1 pound of white sugar to each pint of juice. Boil 20 minutes; skim. bottle cold. To drink, mix $\frac{1}{4}$ syrup with $\frac{3}{4}$ water.

LEMON BRANDY.

1 pint of brandy, 2 ounces of granulated sugar,
Yellow rind of 2 lemons, 1 gill of boiling water.

Put the yellow rind (no white) into a bottle with the brandy. Let it infuse 24 hours. Strain. Boil the sugar and water for about 4 minutes. Skim. When cold, add to the brandy. Bottle and cork tightly. Use as a flavoring for custards and other desserts.

CURRANT WINE.

To 1 quart of juice allow:

2 quarts of water (cold), 3 pounds of sugar, granulated.

Stir all well together. Let stand 24 hours. Skim. Set in a cool place. Allow it to ferment slowly for 3 or 4 days. If at the end of that time it has ceased fermenting, add 1 quart of brandy to every 15 gallons of the above mixture. Close the barrel tightly, and when it has settled and become clear, it is ready to bottle. Keep 6 months before using. Improves with age.

PHILADELPHIA FISH-HOUSE PUNCH.

To every pint of lemon- or lime-juice add 3 pints of the mixture given below:

½ pint of Jamaica rum,
1 gill of best peach brandy,
1 gill of cognac,
4 pounds of loaf sugar,
5 quarts of water.

When ice is added, use less water.

KÜMMEL CORDIAL.

2 pounds of granulated sugar,
1 quart and 1 gill of boiling water,
1 quart of best alcohol,
25 to 30 drops of Kümmel Oil.

Pour the boiling water on the sugar in a china-lined preserving-kettle. Stir over the fire until dissolved. Bring to a boil. From the moment it breaks into a boil, allow it to boil 20 minutes. Set aside to cool. Strain. When lukewarm, add the alcohol and oil. Stir to mix thoroughly. Bottle and set away. Keep at least 1 month before using. This improves with age. German apothecaries sell this oil. Recommended.

COOKERY FOR INVALIDS.

BEEF-JUICE.

Select a piece of lean, freshly-killed beef, cut about ¾ of an inch thick. Broil it over red-hot coals for about 2 minutes on each side, no longer. Stand a cup in a bowl of boiling water, and squeeze the beef-juice into the cup with a patent beef- or lemon-squeezer. Add a pinch of salt and keep the cup standing in the hot water until required for use. Nothing is more distasteful to a delicate appetite than half-cold, half-cooked beef-juice. If made as above, it will have the nutty flavor of the seared meat, and need not be at all unpalatable.

PLAIN BEEF-TEA.

1 pound of lean, fresh-killed beef, 1 pint of cold water,
2 even teaspoons of salt.

Cut the beef in very small dice, or, better still, have the butcher criss-cross or *hackle* it with a sharp butcher's knife. Cover it with the cold water; add salt; soak 1 hour. Put the bowl or cup in a saucepan of boiling water, and let it heat over the fire until it nearly reaches boiling-point. On no account allow it to boil. Strain the pieces of meat out through a rather coarse strainer, and serve immediately with a small bit of toast.

DELICIOUS BEEF-TEA.

Prepare the beef as in preceding receipt. Put it into a perfectly clean bottle. Add a little salt, a sprig of parsley, and 1 or 2 fresh celery-leaves. Add the water, 1 pint, cold.

Cork tightly; put the bottle into a pot of lukewarm water and let it come gradually to a boil. Boil 3 or 4 hours. It may be used after 2 hours, but is even better if cooked longer. Uncork; strain and serve with toast. This is acceptable to many invalids who do not like ordinary beef-tea.

FLOUR-BALL FOR INFANTS' FOOD.

Tie 1 pint of flour as closely as possible in a strong cotton cloth. Put it into a pot of boiling water and boil 4 hours. Be sure it is well-covered with water. The pot should be covered. Then take the ball out and set aside to cool. To use it, scrape a little of the ball; mix with cold water or milk; stir into boiling milk; season with a pinch of salt; make thicker or thinner as may be required. The flour-ball will keep in a cool, dry place for weeks.

KUMYSS.

1 quart of new milk, 1 tablespoon of brewer's yeast,
2 tablespoons of Trommer Malt Extract.

Mix and set by the range at a temperature of 90° Fahr. until it begins to work, then pour it off into self-sealing beer-bottles and set in a cool place. Recommended.

PARCHED RICE.

Roast the rice until of a rich, even brown. Throw into salted boiling water and boil until perfectly tender. Do not stir if it can be avoided. Drain. Serve with sugar.

RICE-WATER.

Proceed as above, boiling the rice a little longer. Strain out the grains, and use the water.

TOAST-WATER.

Cut slices of stale bread; toast over a slow fire until very dry and evenly brown, not burned. Put into a pitcher; cover with boiling water. Infuse for 1 or 2 hours; strain the water and use.

TAPIOCA JELLY.

See receipt.

EGG-NOGG.

See receipt.

EGG-AND-WINE.

See receipt.

MULLED CLARET.

See receipt.

CHICKEN CONSOMMÉ.

See réceipt.

CHICKEN JELLY.

See receipt.

ARROW-ROOT BLANC-MANGE.

1 cup of boiling water, 2 heaping teaspoons of arrow-root,
Sugar, sherry wine, and nutmeg.

When the water boils, blend the arrow-root with a very little cold water; pour it into the boiling water; stir steadily until it becomes thick and transparent. Remove from the fire; then stir in sugar to taste. Add 2 or 3 teaspoonfuls of sherry; mix; pour into a tumbler; grate a little nutmeg over the top, and set away to cool. It will become firmer as it cools, but should never be hard. Excellent.

INDIAN-MEAL GRUEL.

Blend 2 tablespoonfuls of Indian meal with a little cold water. Have ready boiling 1 quart of well-salted water. Stir in the meal. Stir for a few minutes, then set where it will boil gently for 4 hours. Stir occasionally. Do not cover the pot. Serve with a little cream added. Or, blend 1 teaspoonful of flour with a little cold water; stir it into the boiling gruel; boil 3 minutes, stirring constantly, and serve.

STRAY NOTES.

CHOPPING MACHINE.

Much time is saved and excellent results are obtained by the use of the "Enterprise Chopper." Number 10 is small, but serviceable; No. 3 is an excellent size for general utility. It is a most efficient aid in making croquettes, pâtés, meat-loaves, etc.

VEGETABLE PRESS.

For making purées of all kinds there is an excellent, small hand-press manufactured by the Silver Co. It is not only an economy of labor and time, but also of sieves, as the usual mode of pressing the purée through a coarse sieve wears out the latter very rapidly.

EGG-BEATERS.

The best and most reliable egg-beater is either the "Dover" or one which is made of a bunch of wires fastened together by a wire handle.

ICE-CREAM FREEZER.

The White Mountain Freezer is recommended as being about the most practical at the present time.

FRYING-BASKET.

This is an indispensable article where well-fried croquettes, etc., are desired. Being of very moderate cost, no kitchen should be without one. These baskets are made of fine wire woven in large meshes.

SHEETS OF TIN OR IRON.

Have at hand 2 or 3 sheets of iron or tin, 12 x 14 or 16 inches, for baking drop-cakes and all such things as might be disfigured by being lifted over the rim of a baking-pan. They will be found very useful.

PICKLES AND PRESERVES.

Use for putting up pickles and preserves the "Mason's Latest Improved" jars, with wide mouths. They are the best made, the cover being in one piece and so arranged that no metal comes in contact with the contents of the jars.

TO TRUSS SMALL BIRDS.

Use small wooden toothpicks for skewering small birds. Do not remove them before serving, as they help to give a trim appearance to the birds.

PLANKED SHAD.

For planked shad use a thick, handsome oak-board. Attach the shad with white tacks or wooden pegs. When ready to serve, remove the tacks or pegs and serve on the oak plank.

TO OPEN CLAMS WITHOUT A KNIFE.

Wash the shells; stand them on the hinge-end in a bake-pan. Put a few spoonfuls of boiling water in the pan; set the pan in the oven until the shells part, when they may be easily opened and cooked as required.

TO SELECT OYSTERS.

Choose by preference for eating raw on the half-shell, very small Blue Points. For cooking, especially for frying, the best are the Shrewsburys and Saddle Rocks.

TO SELECT LOBSTERS.

If possible, never buy a lobster that is already boiled. If unavoidable, however, you may ascertain the condition of the lobster, when cooked, by pressing the tail outward. If it is elastic and, when released, flies back instantly to its first position, you may know that it was alive when put down to boil. The tail should be curled inward as an indication also of the same fact.

VENISON.

Venison is best when it has been frozen and partially thawed 2 or 3 times. In winter it will keep for 6 weeks, if hung in the open air. When cut into steaks and set in the ice-box, it will not keep any longer than other meats.

ROAST TURKEY.

For roasting, select by preference a young hen-turkey.

SWEETBREADS.

Always cook sweetbreads in a china-lined saucepan, and use a silver or plated knife to cut them, as steel is considered to be injurious both to flavor and color.

BEEF'S LIVER.

Before cooking sliced beef's liver, always throw boiling water over it; let it stand 5 minutes; then wipe dry and proceed with the cooking.

LARDING-PORK.

Larding-pork should be thrown into ice-water before using, to harden it.

CALF'S HEAD.

In preparing calf's head for cooking, be most careful to cleanse not only the ears, but also scald out with boiling water the nose and throat passages.

HAM BONE.

When a ham is consumed, always use the bone to boil in pease soup. It is an excellent addition.

COLD GAME AND MEAT.

To keep overnight cooked game or meat that has been cut, so that it may remain moist and fresh, wrap it in confectioner's paper and place it in the ice-box. Cut cake may be kept in the same way.

TO THAW FROZEN MEATS.

The best way to thaw frozen meat, is to hang it in the kitchen overnight. If in a hurry to thaw poultry, the quickest way is to lay it in a pan with ice or ice-water; but it is best to avoid this, if possible.

TO PRESERVE TURKEYS AND CHICKENS.

Joint them after cleaning; cut up as for fricassée. Put the pieces into a hot frying-pan with drippings or butter and let them sear on all sides. Then put them into an earthenware crock. Melt lard or clarified drippings; pour into the crock until the chicken is quite covered. This seals the meat from the air when cold. In winter it will keep for weeks in a cool place, but do not allow it to freeze. When ready to use, take out what is required; scrape off the fat, and prepare according to taste, fricasséed, stewed, etc., etc. If any remains in the crock, seal it as before with hot lard and set away.

TO KEEP SAUSAGES.

Prick with a fork. Toss in a hot frying-pan until cooked on all sides; put into a crock with lard, etc., and seal as above.

PHEASANTS, PARTRIDGES, AND QUAIL.

Always cover the breasts of these birds before cooking with thin slices of pork, unless larded; they are naturally

dry birds, and this greatly improves them. Do not use bacon for the purpose, as its flavor is so pronounced that it overpowers that of the bird.

MEATS TO BE SERVED COLD.

Tongue should be allowed to get cold first in the water in which it is boiled. If it is to be put away cold afterwards, it should be rolled in a clean, coarse cloth and set in the ice-box. Corn-beef should also be allowed to cool in the water in which it is boiled. À la Mode Beef or Daube should be put into a large bowl, covered with their own hot gravy, shut up tight, and set away. Chickens, stewed and fricasséed should be treated in the same way. Save all the gravy for the purpose. The usual mode of thrusting the meat into the ice-box, leaving it to dry out as it cools, is a mistake ; it makes the surfaces dry and juiceless, and, as a rule, most unappetizing. When gravy is lacking, a little good broth may be used to pour over the meat or chicken before it is set away to cool, *covered.*

TO MAKE TOUGH MEAT TENDER.

Cut the steaks the day before they are required into slices about 2 inches thick. Rub the surfaces with a little baking-soda. Next morning, wash off the soda; cut the meat into the shape and thickness desired, and cook it to taste. The same process may be used for poultry, mutton, etc.

TO MAKE CHICKENS WHITE AND TENDER.

The moment before they are to be killed, make them swallow 1 tablespoonful of best vinegar, then finish as usual.

RULE FOR BOILING PEAS, ETC.

Never put the lid on the pot while boiling spinach, peas, beans, or Brussels sprouts. By observing this rule, the vegetables will be found to preserve their fresh green color.

TO POACH EGGS.

Note that in poaching eggs, the water should not boil *after* the egg is put into it, as the jumping of the water in ebullition makes the edges ragged and untidy. The eggs should cook slowly and quietly. Be sure, however, that the water boils when the egg is put in.

WATER OF BOILED POTATOES.

The water in which potatoes are boiled with their skins on is said to be poisonous. It is said to be excellent for destroying green-fly on rose-bushes.

OYSTER-PLANT.

Never expose this to the air when once it is scraped. Throw it immediately into cold water. Cook in a china-lined saucepan, as iron also discolors it.

TO PEEL ONIONS.

Put the onions in a bowl of cold water. Peel them with a sharp knife *under* water. This saves tears.

TO BOIL CAULIFLOWER.

To prevent breaking the flower, tie it in a piece of clean cheese-cloth. When boiled, it can be raised out of the pot by the tied corners of the cloth without risk of injuring the beauty of the cauliflower.

TO SOFTEN THE WATER FOR BOILING VEGETABLES.

Use a pinch of bi-carbonate of soda for softening the water in which to boil beans, limas, asparagus tips, etc., only when the water is very hard, or the peas very old.

TO BOIL CABBAGE.

Never boil cabbage with corn-beef; it renders both unwholesome. Boil apart, and serve together, if desired.

TO BAKE SWEET POTATOES

In such a way as to make them peel easily, after they have been well squeezed in a cloth several times during the process of baking, put them in a pan; cover the pan with a damp cloth folded in 4 or 8; set back in the corner of the range and leave them 15 to 20 minutes.

TO BOIL PEAS TENDER.

Observe two things: first, have plenty of water in which they can play about; second, do not cover them.

TO FRESHEN SALT FISH.

Lay in cold water, carefully turning the *skin side* uppermost. Otherwise the salt, in melting, will sink into the skin and the fish be as salt as ever. By putting the flesh side downward, the salt falls to the bottom of the dish.

PEPPER.

White pepper is recommended for general use in the kitchen in preference to black, as being less unwholesome and more palatable. The latter need only be used occasionally, as directed, and then in most cases, whole.

TO SKIM SAUCE.

To do this easily, draw the saucepan to the side of the range; pour in a very few drops of cold water. This causes the grease to rise, and it may be removed without trouble.

BREAD-CRUMBS.

These are so valuable in the kitchen, and in such constant demand, that it is well to make every few days a supply to keep on hand. Put any pieces of stale bread there may be in a roasting-pan; stand it in the open oven until perfectly dry, but not at all brown. Roll these out on a board with the rolling-pin. Sift them. The very finest, put into a separate jar for dipping oysters and croquettes; others may be used for breading meats, baked dishes, etc. The stock of bread-crumbs should never be allowed to run out. Another excellent way to crumb the bread is to put it, when dried, into a coarse, clean cloth and beat it with a potato-masher. Sift as directed.

CRUMBED HARD EGGS.

These may be used as a variety to sift over sweetbreads or chicken, etc., "en caisses," instead of bread-crumbs. When the eggs are boiled hard, remove the whites and press the yolks through a coarse sieve with the potato-masher.

DIPPING FOR FRYING.

It is recommended by some authorities to dip certain articles such as fish, first in breadcrumbs, then in egg, and again in crumbs. This process makes the dipping cling better. The French dip meat-cutlets and chops into crumbs only, if perfectly freshly cut; or into melted butter and then into crumbs. For croquettes, where it is necessary sometimes to have a firmer covering, they may be dipped twice, always alternating, first in the egg, then the crumbs, allowing the croquettes to stand some time before the second dipping. It is recommended also by the above-mentioned authority, to mix a little melted butter with the yolk of egg where this latter is used for dipping. In all cases the most important point in successful frying, is that the lard be boiling.

TO PRESERVE EGGS.

Dip in melted suet and pack with the smaller end downward in salt. *Or*, make a solution of 1 gallon of boiling water poured over 1 pound of unslacked lime; cool thoroughly and pour over the eggs which have been packed, small end downwards, in jars. Do not use the sediment of the lime-water. Keep in a cool, dark place. The object is to stop up the pores of the eggs.

TO CLARIFY DRIPPINGS.

Select beef-suet for the purpose by preference, but any fat trimmings (excepting those of mutton and lamb) may also be tried out. Cut the suet into moderate-sized pieces. Put these into a crock with a little boiling water. Set the crock in a pot of boiling water, and put all in one corner of the range, where the suet will melt slowly. The fat may be poured off into a clean bowl as it melts, a little more boiling water being added. It should always be strained. Next day collect all the drippings together and put them as above over boiling water. When melted and brought to boiling point, strain into a crock and set away. Keep in a cold place and use for sautéing, etc. All fat should be saved from soups, etc., and at least once a week be clarified as directed. This will be found to be a great economy of butter.

TO CLEAN DRIED CURRANTS.

To each quart of dried currants add 1 cup of flour; rub them well between the hands. This will free them from stems, etc. Then turn into a colander and shake out the stems; put them into a pan of cold water and wash thoroughly with both hands. Drain in a colander, letting the water wash through them until all the remaining stems are carried off. Then spread them on flat dishes in the mouth of the oven or other warm place; leave until dry; then use.

TO STONE RAISINS.

Throw them into a bowl of boiling water. As soon as they are cool enough to handle, stone them in the water and throw them into a bowl.

ORANGE-PEEL FOR CAKES.

When oranges are abundant, take the skins. Boil 1 pound of these until perfectly tender; chop them fine; to 1 gill of the water in which the skins have boiled, add 1 pound of brown sugar and the skins; boil all together until very thick, and put into a wide-mouthed jar to use for flavoring.

YEAST.

One cup of yeast is equal to 1 compressed yeast-cake.

BREAD.

A loaf when risen ready for the oven should be at least twice the size it was when first put in the bread-pan to rise.

TO GREASE BREAD-PANS.

Always grease bread- and cake-pans with lard, *not* with butter, as the latter blackens in long baking. When the loaves come out of the oven, stand them on end, not touching each other, and cover with a very thin cloth. A thick cloth makes the crusts soft and soggy. It only requires sufficient covering to keep off dust and flies.

TO HEAT THE GRIDDLE FOR GRIDDLE CAKES.

It should be put on the back of the range several hours before using, that it may heat slowly. When ready, bring it forward and let it become very hot indeed, but not scorching.

TO GREASE THE GRIDDLE.

Use a piece of fat pork on the end of a fork. Keep it for the purpose.

TO REDUCE THE TEMPERATURE OF AN OVER-HEATED OVEN.

Shut off all draughts and open the dampers. Set a bowl of ice-water inside of the door and close it. This will affect the temperature sensibly. Should it not suffice, however, open the range-cover directly over the oven, leaving a space of about $\frac{3}{4}$ of an inch. This is only suggested as a last resource, as cake is rendered less light by the process.

TO CHECK BOILING SYRUP.

In preserving, the syrup sometimes begins to rise so rapidly that there is no time to move the heavy kettle aside. In such a case throw in about a teaspoonful of cold water and it will subside immediately.

CAKE-BAKING.

Do not begin to mix your cake until the fire is in perfect condition, and you have at hand every thing you may require. Use only the best butter, and fine, dry flour. Mix with a wooden spoon in a large bowl. Always grease loaf-pans, whether for bread or cake, with lard, *not* butter, as the latter scorches and blackens in long baking. The pan for loaf-cake should always be lined with a very thin paper thoroughly greased, to keep it from sticking to the bottom, as well as from scorching. The paper should be left on the cake until the latter is cold, then carefully removed.

Do not ice cake until cold. For baking drop or other small cakes, have at hand 2 or 3 sheets of tin or iron. These will be found to be much more convenient for the purpose than baking-pans. There are pans made expressly for baking lady-fingers and *éclairs*.

BAKING-POWDER.

Royal Baking-Powder is the best for raising cakes, etc. It seems to be perfectly harmless, and is certainly stronger than the others. The next best is Cleveland's, which is also very good, but not as strong. Where 3 teaspoonfuls of Cleveland's are required, 2 of Royal Baking-Powder will be found to have quite as much effect.

In most cases where baking-powder is required, you may substitute 1 teaspoonful of cream of tartar and ½ teaspoonful of soda for 1 of baking-powder.

FRUIT PIES.

In making fruit pies, fasten a narrow band of muslin around, covering the edge of the pies. When they are baked, remove the muslin. This keeps in the juice and prevents the besmeared, untidy look which fruit pies generally have.

THE USE OF RUM IN COOKING.

Rum is an excellent addition, in the way of flavoring, to many sweet sauces, cakes, etc. Wherever called for by a receipt, always use Jamaica rum; no other brand is suitable for the purpose.

CROÛTONS AS A GARNISH.

Croûtons cut in diamonds about 3 inches long, make a nice border for sweetbreads, stewed kidneys, fricassées, etc. When cut in cubes 1 x 2 inches, they make an excellent garnish for stewed fish, besides being an agreeable addition to the dish.

MUSHROOMS.

Stewed mushrooms may be served on croûtons 3 x 3 inches, or in individual silver casseroles, or in china cases.

PASTRY CROÛTONS AS A GARNISH.

Roll out Flaky Crust or Puff Paste ¼ of an inch thick; cut it in large diamonds, bake, and use to garnish the borders of stews, etc.

TO SERVE CORN.

There are made at present, in very prettily embroidered designs, corn-cloths, which replace most advantageously the prevailing custom of serving green corn in a folded table-napkin, to keep it hot.

TO SERVE CROQUETTES, ETC.

Cut papers may be used not only under cakes and sweets, but may, with great advantage, replace the folded table-napkin in many cases, especially under croquettes, fried fish, etc., in fact, under any thing that is fried *dry*. They are now made at little cost; the plainer designs are more suitable for the latter purpose, the lace-bordered ones being generally used for sweets. The English make particularly pretty designs for the former use.

TO SERVE FRENCH CHOPS, ETC.

French chops, leg of mutton, ham, and barbecued hare or rabbit should always be served with paper frills to cover the ends of the bones. These frills are to be had of various sizes, and at small expense.

TO SERVE WELSH RARE-BITS, ETC.

Use for all dishes made of cheese, a hot-water plate; this is the only way to accomplish the necessary object of serving the above perfectly hot.

TO REMOVE FRUIT STAINS FROM LINEN.

Pour boiling water through the spot before washing. Rub. If this does not succeed, moisten the spot and hold under it a lighted match. The sulphurous gas will cause the stain to

disappear, it is said. Should this not be satisfactory, moisten the spot, rub it with a little salts-of-lemon. Hang it in the sun for a few minutes, then wash out thoroughly. This is good for extreme cases, but risks removing the fabric with the spot. Peach stains are especially obstinate, but will be found to disappear by degrees in the ordinary course of time and washing.

TO REMOVE MILDEW STAINS.

Soak in milk for 48 hours. *Or*, rub with lemon-juice and salt. The same remark applies to these as to peach stains.

THE ICE-BOX.

This is a detail about which many cooks are not sufficiently nice. If the ice-box is not kept perfectly sweet, the articles of food put into it will not be sweet either. It should have a very thorough cleaning from top to bottom at least once a week in winter, twice a week in summer, the water being emptied every day without fail. When the box is emptied, and thoroughly cleaned and overhauled, if any close smell should be perceived, wet a cloth with vinegar, wash over every part, and then leave the doors open until dry and well-aired. Allow no corner to be overlooked, if it is to be kept in perfect condition.

Never allow butter to be kept in the same compartment of the box with any thing except sweet cream or unopened bottles. Nothing so quickly absorbs the taste of other things. The presence of lemons or melons will destroy the best butter ever made.

TO PRESERVE ICE IN THE ICE-BOX.

One of the best ways, when one's supply of ice begins to run short, is to wrap the ice in several thicknesses of newspaper. Wash well before using.

TO REMOVE RUST FROM STEEL.

Cover the steel with sweet oil, well rubbed in. After 48 hours, rub it with finely-powdered, unslacked lime, until the rust disappears.

N. B.—Do not let the lime touch the hands or it will burn them.

REMEDY FOR BURNS.

Grate or scrape a raw potato; cover the burned part with it. As soon as it becomes hot, renew it; continue to renew at intervals until relieved. Very simple, but most efficacious. Highly recommended.

TO REMOVE THE UNPLEASANT ODOR FROM FEATHER PILLOWS.

Hang them in a strong wind on a cloudy day; do not put them in the sun.

NOTE.

In towns, all garbage should be burned; this is by far the cleanest and healthiest mode of disposing of it, and is perfectly practicable.

TO SET THE COLOR IN CALICOES.

Dissolve 2 gills of salt in 1 quart of boiling water, and, while hot, put the dress into it. Let it remain for several hours; then dry it, after which wash as usual. Powdered alum is also used for the same purpose.

TO REMOVE IRON-RUST STAINS FROM LINEN.

When the article is washed, squeeze lemon-juice upon the spots; cover them with salt; lay them on the grass in the sun all day. Wash again, and in most cases the spots will have vanished; if not, repeat the application.

WASH FOR CLEANING GLOVES.

1 quart of deodorized benzine, 1 drachm of sulphuric ether,
1 drachm of chloroform, 2 drachms of alcohol,
A little cologne or other perfume.

Mix together in a bottle and cork tightly. Wash the gloves in the preparation as you would wash a handkerchief in water. It evaporates very rapidly. Hang the gloves in the open air to dry. This mixture is very inflammable.

WASHING FLUID.

4 gallons of water, ½ pound of unslacked lime,
2 pounds of washing soda.

Mix; when settled and cold, skim off all scum. Bring to a boil; remove from the fire. Let it settle, and pour off the clear fluid into stone jars for use. Or, bottle it, and cork tightly. For washing, use 1 cup of the fluid to 1 pail of water. This resembles Javelle water.

FURNITURE POLISH.

4 ounces of gum shellac, 1 pint of alcohol,
1 piece of gum benzoin, as large as a hickory-nut.

Mix, and rub on the furniture with a piece of canton-flannel or cotton-batting. If it is sticky, use a little raw oil.

SUPPLEMENTARY RECEIPTS.

BROILED TROUT (MURRAY BAY).

TRUITES GRILLÉES.

Select brook trout weighing about 1 lb. each. Having cleaned them, make three diagonal cuts in each side. Have ready a clear hot fire. Heat and grease a wire gridiron, on which place the trout. Turn frequently from side to side until firm, and the flesh will easily separate from the bone at the head. Meanwhile put on a hot dish a large lump of butter rubbed up with finely-chopped parsley, enough to make the butter quite green. When the trout are done, lay them on the dish. Squeeze lemon-juice over them, add pepper and salt, baste with the parsley-butter, and serve very hot.

PLANKED TROUT (MURRAY BAY).

Take a large pine shingle. Clean and split the trout lengthwise, and tack it upon the shingle, fastening slices of bacon on with it. Broil the fish on the shingle in front of the fire, basting with the fat of the bacon, which is caught in a pan below the fish. When done, add pepper and salt, and serve very hot.

TROUT À LA BÉCHAMEL (MURRAY BAY).

TRUITES À LA BÉCHAMEL.

Clean and boil brook trout of any size. When done, drain and put into a deep dish to cool. Heat a little vine-

gar and water (equal parts) in which are a few cloves and allspice. When the fish are cold, pour the hot vinegar, etc., over them; cover and set away. Next day take some of the trout and remove the flesh from the bones in large pieces. Lay the pieces loosely in a dish. Prepare a rich Cream Sauce (see receipt), and pour over the fish. Sprinkle the top with fine dried bread-crumbs, dot with bits of butter, and place in the oven for about 10 minutes, until thoroughly hot.

TROUT SALAD (MURRAY BAY).

TRUITES À LA TARTARE.

Having boiled the trout and put aside in vinegar, as in preceding receipt, remove the flesh from the bones in conveniently large pieces. Lay them in a salad bowl. Make either a Mustard or a Tartare dressing (see receipts), and spread over the fish. Place small, crisp lettuce-leaves around the dish, and the hearts in the centre. Serve very cold. Salmon treated in the same manner is also delicious.

MATELOTE OF TROUT (MURRAY BAY).

TRUITES EN MATELOTE.

These are excellent prepared exactly as Stewed Fish en Matelote, the only difference being that the fish (weighing about 1 lb. each) should be cooked whole, not cut in pieces.

PLAIN LOBSTER CROQUETTES.

CROQUETTES DE HOMARD.

Meat of a 4 lb. lobster, boiled,
1 teaspoon of chopped parsley,
1 slice of onion, chopped and fried,
Salt, cayenne, and nutmeg to taste,
1 tablespoon of butter, 2 of flour,
1 cup of milk.

Chop the lobster and onion as fine as possible. Make a sauce by blending the butter and flour together over the fire without browning, then stirring in the boiling milk. Stir

and boil until perfectly smooth and thick, about 5 minutes. Into this stir the lobster-meat, onion, parsley, and seasonings. Set away. When cold, form into croquettes. Dip in egg and bread-crumbs, fry golden brown in boiling lard. Drain dry, and serve very hot.

SCOLLOPS À LA NEWBERG.

Prepare exactly according to receipt for Lobster à la Newberg, substituting scollops which have been boiled for 5 minutes, then thoroughly drained.

CARBONADE À LA FLAMANDE.

2½ lbs. of lean beef, sliced,	Pepper, salt, sugar,
4 onions cut fine,	1 gill of vinegar, flour,
Sprig of thyme, 1 bay leaf,	Butter or sweet drippings.

Remove all the fat from the beef, which may be cut from the round. Pound until tender. Cut in neatly shaped pieces about 2 × 3 inches. Put a tablespoonful of sweet drippings into a frying-pan. When very hot, lay in the pieces of beef. As soon as all are in, begin to turn the first and so on, in order; then remove them in the same order to a stew-pan. Now put the onions into a frying-pan and fry until slightly browned, but be very careful not to burn them. Add these to the beef, also the thyme, bay-leaf, salt, and pepper. Barely cover the meat with boiling water and 1 gill of vinegar. Simmer gently for 1½ hours. Stir together in the frying-pan, 1 tablespoonful of flour, and a piece of butter the size of a walnut. When nicely browned, blend with some of the sauce of the meat, and stir smooth. Add this to the stewpan of beef, also a good pinch of sugar. Mix well, and boil 15 minutes longer. Then, if the meat is tender, remove it. If not, let it simmer gently a little longer. Two hours in all should suffice, at most. Allow less time if a tenderer cut of beef is used. Serve with a border of plain boiled macaroni or rice, and this will be found most excellent.

FLEMISH LIVER PIE.

PAIN DE FOIE DE VEAU.

Calf's liver, Fresh fat pork, Boiled ham, } equal weights, 8 eggs, 1 gill of brandy, Salt and pepper. Slices of fat pork, salt or fresh.

Chop the meat very fine, using a machine if at hand. Add the eggs and seasonings. Butter a smooth tin or earthenware mould. Line it throughout with slices of pork cut very thin. Fill with the mixture, pressed down. Cover with slices of pork and a buttered paper. Set in a moderate oven for 1 hour and 15 to 30 minutes. Set away to cool. When nearly cold, turn the pâté out of the mould, carefully removing the paper and slices of pork. Garnish with meat-jelly, and serve with salad.

PHEASANT OR PARTRIDGE—JELLIED.

FAISAN OU PERDREAU À LA GELÉE.

Prepare a pheasant or partridge as for roasting, filling the body with pâté de foie gras. Truss it, and sew up carefully. Set it in a stewpan with enough very good consommé or bouillon to half cover it. Add a small piece of bay-leaf, a sprig of thyme, and ½ a gill of madeira, salt and pepper. Cover very closely, and allow it to simmer very gently until tender. The time will depend upon the age and size of the bird, say from 45 minutes to 1½ hours. Should the bird require long cooking, see that the broth does not evaporate, and if necessary add to it. When tender, remove the strings from the bird and place it in a small mould or bowl. Strain the broth, skim it and clear it with the white of an egg. Strain again, if necessary, through a flannel jelly-bag, and pour around the bird in a mould. Set away in a cold place. Serve cold with the jelly around it.

Paris.

ARTICHOKES STUFFED WITH MUSHROOMS.

ARTICHAUTS FARCIS AUX CHAMPIGNONS.

Having boiled some Globe or French Artichokes (see receipt), remove the leaves and bristles from the bottom and

trim the latter neatly. Prepare a stuffing of chopped fresh mushrooms, a few drops of onion-juice (or a tiny bit of pounded garlic), chopped parsley, the equivalent bulk of all three ingredients in stale bread-crumbs, a large lump of butter, salt, cayenne, and lemon-juice. Put the mixture in a saucepan over the fire and stir until the butter melts and is absorbed. With this mixture fill the artichokes that you have prepared. Sprinkle the tops lightly with dried bread-crumbs, and place in a bake-pan. Dot the tops with bits of butter. Put a few tablespoonfuls of strong broth in the pan. Set in the oven until thoroughly heated and delicately browned—10 to 15 minutes. Have ready small, round croûtons the same size as the artichokes. Place a stuffed artichoke on each croûton, strain the gravy from the pan over them and serve very hot. Highly recommended.

N.B.—The "Fonds d'Artichauts" can be procured put up ready for use.

TOMATOES BAKED CREOLE STYLE.

TOMATES À LA CRÉOLE.

Use either fresh or canned tomatoes. If the former, peel and cut in large pieces before stewing. Put the tomatoes in a large china-lined stew pan (shallow), with a lump of butter and half an onion chopped fine. Two cans of tomatoes will be required to make a dish for 6 or 8 persons. Let them stew *uncovered* over a smart fire for 2 hours, stirring occasionally, and being careful not to allow them to scorch. By this time the greater part of the juice should have evaporated. Season the tomatoes with salt, pepper, and a good pinch of sugar, and put them in an earthenware bake-dish. Cover the top with bread-crumbs and dots of butter, and put in the oven for an hour or more, until well browned. Should any liquid remain, it would be well to let the dish stand longer in the oven with the door open. They should, when successful, be like a rich paste. The heat of the oven must govern the length of time required to finish them properly.

TOMATOES IN SHELLS.

TOMATES EN COQUILLES.

Prepare as above, baking in small shells instead of one large dish.

VEGETABLES.

FRITTERS OF CANNED CORN.

BEIGNETS À L'INDIENNE.

1 can of Maine corn,
Salt, pepper, sugar,
1 egg, flour,
Baking-powder.

Drain the liquid from a can of finest corn. Break into it the egg, add the seasoning and beat well together. Now stir in sufficient flour to make a batter stiff enough to drop from the spoon. Lastly add Royal baking-powder, allowing 1 teaspoonful to a cup of flour, according to what has been required for the batter. Have ready some lard deep enough to cover the fritters. When it is *boiling*, drop in the batter by the small teaspoonful. When golden brown on all sides, remove and drain in a sieve or on brown paper in the mouth of the oven. Serve very hot on a folded napkin or fancy paper.

POTATOES AU GRATIN.

POMMES DE TERRE AU GRATIN.

Slice cold boiled potatoes and lay in a bake-dish, not crowding the slices too closely. Make a rich Cream Sauce (see receipt), into which stir some grated Parmesan and Gruyère cheese mixed. Pour this over the potatoes and into the crevices. Sprinkle more cheese over the top, and finish with bits of butter. Set in the oven until delicately browned, and serve in the same dish.

OLIVE SALAD.

SALADE D'OLIVES.

Fill pitted olives with a mixture of chopped chicken and ham. Lay these on crisp lettuce-leaves. In the centre of

the dish place a little mound of hard-boiled eggs, yolks only, rubbed through the sieve to a powder. Crumb the whites of the hard eggs with a fork and use to garnish the outer edge of the salad, together with olives pitted but not stuffed. Pour over a plain French Dressing (see receipt), and serve very cold.

SALAD OF TOMATOES STUFFED WITH CELERY.

SALADE DE TOMATES FARCIES AU CÉLERI.

Select small tomatoes of uniform size. Peel with a sharp knife and set on ice. Prepare a Tartare Sauce (see receipt), adding the yolk of 1 egg. Cut fine the crisp and tender stalks of celery. Mix thoroughly with the sauce. Now hollow out the tomatoes and fill the space with the mixture. Place each tomato on a crisp lettuce-leaf, and serve very cold.

JELLIED MACÉDOINE OF VEGETABLES.

MACÉDOINE DE LEGUMES EN GELÉE.

Take equal quantities of cold boiled string-beans, peas, potatoes, beets, carrots, turnips, and cauliflower, the root-vegetables being cut into tiny balls. A few very young and tender radishes may be added. Mix evenly and put into a border-mould which has been rinsed in cold water. Fill by degrees with well-flavored clear meat jelly, melted. Set on ice. When firm, serve with a Tartare Sauce, made with an egg (see receipt)—the sauce being in the centre.

CASSEROLES SALMONETTES.

Take for 6 or 8 persons about 1 lb. of cold boiled salmon cut in small pieces, not shreds. Sprinkle with a little vinegar. Fill small, round porcelain casseroles with this. Cover the fish with a thick layer of Tartare Sauce (see receipt). Now cut in tiny shreds some red pickled beet; have also some capers. With these beets and capers decorate the surface of the sauce with some neatly arranged design.

Serve very cold. This dainty dish is attractive to the eye as well as pleasing to the palate, and may be served as a relish at supper or at the fish course for dinner.

RELISHES.

GUOCCHI Á LA ROMAINE.

1 quart of milk,
6 oz. of farina,
2 eggs, salt, butter,
Grated Parmesan cheese.

Boil the milk. When boiling well, stir slowly into it the farina. Boil 4 minutes, stirring constantly. Remove from the fire and beat in the eggs, a little salt, and some of the cheese. Pour into a shallow pan to cool. When perfectly cold and firm, cut into small rounds, the size of a twenty-five cent piece. Arrange these tastefully in layers, pyramidal in shape, on a flat dish that will go in the oven. Sprinkle between the layers bits of butter and more grated cheese, finishing the top with the same. Place in the oven until delicately browned. Serve.

DEVILLED SARDINES.

Have ready slices of buttered toast trimmed. Place the sardines in a pan, with the oil from the box, where they will heat slowly but thoroughly—they must not cook. Prepare a mixture of melted butter, made mustard (English), salt, cayenne, and lemon-juice. When the sardines are hot, split them, and place on the toast, then baste with the sauce and serve very hot.

SHRIMPS WITH TOMATOES.

CREVETTES AUX TOMATES.

2 cups of shrimps boiled,
2 medium, or 1 large tomato,
Rémoulade Dressing.

Remove the shells from the tails of the shrimps and place in a small, open dish. Peel the tomato with a sharp knife, and cut in thin, small, even slices. Lay these around the

shrimp-tails. Over all pour a cold Rémoulade Dressing (see receipt) and set away in a cool place for a half hour before serving. Delicious.

Paris.

TOMATOES WITH BLOATERS.

Select small tomatoes of uniform size. Peel with a sharp knife and put on ice while preparing the filling, Make a Mustard Dressing (see receipt). From a fresh Yarmouth bloater remove the skin and bones, keeping the flesh in neat, even pieces. Do not cook at all. Mix this with the sauce. Now hollow out the tomatoes and fill with the mixture. Set in a cool place and serve as a relish or in place of fish.

Paris.

DEVILLED TURKEY LEG.

Take the leg and thigh of a roasted or boiled turkey. Score it all over, and into the cuts rub salt, pepper, English mustard, and butter. This is best done overnight, if for breakfast. Lay the leg on a hot gridiron before a very bright fire, and turn several times until thoroughly hot. Or place the leg on a tin in the oven until perfectly heated, being careful in either case to baste well with butter or sweet oil. Serve very hot.

EGGS CREOLE STYLE.

ŒUFS À LA CRÉOLE.

Eggs,	Stewed tomatoes,
Sardines,	Toast.

On a hot dish place a layer of stewed tomatoes, from which the watery part has been evaporated by long cooking (see receipt). On this lay slices of toast neatly trimmed and on each slice put a poached egg. Make a black-butter sauce (see Eggs au Beurre Noir), and pour this over the eggs in the dish. Around the outer edge of the dish place sardines that have been simply heated, allowing a sardine for each egg.

Paris.

EGGS À LA MARCHAND DE VIN.

ŒUFS À LA MARCHAND DE VIN.

Make slices of buttered toast, removing the crusts. On these lay a layer of eggs stirred with tomatoes (see receipt). Meanwhile take some small sausages, those that are made 12 or even 16 to the pound. Split each sausage in two lengthwise. Lay the pieces with the cut side uppermost in a baking-pan, and puf in the oven for 5 or 6 minutes, until slightly browned. Then lay two or three of the pieces of sausage, according to the size used, on each piece of toast, and serve hot.

N. B.—The sausages must be neatly split with a very sharp knife, that the skins may not be jagged.

EGGS AU GRATIN.

ŒUFS AU GRATIN.

Prepare slices of buttered toast, removing the crusts. On each slice place a poached egg. Have ready a rich Cream Sauce (see receipt). Stir into the sauce some grated Parmesan and Gruyère cheese, mixed. Put a thick layer of this sauce over the eggs. Sprinkle the top with more grated cheese and small bits of butter. Set in a hot oven until delicately browned, and serve immediately. Use a flat dish which can be sent to table.

EGGS À LA CAROLINA.

ŒUFS À LA CAROLINA.

6 slices of toast,	6 eggs,
6 " " bacon,	Salt and pepper.

Cut and trim the bread for toast; lay the slices in a baking-pan. On each slice lay a slice of bacon. Set in the oven until the bacon is melted out and the bread absorbs the fat that has come from the bacon in cooking. Have ready the eggs poached (see receipt). Also prepare a Welsh

Rarebit as by receipt, using a little less cheese, that it may be thinner. When everything is ready, put the eggs on the toast, pour the rarebit over them, and serve instantly.

N. B.—The bacon is not served.

Paris.

EGGS À LA STEWART.

ŒUFS À LA STEWART.

6 eggs,
3 tablespoons of grated Parmesan and Gruyère cheese, mixed,
1 cup of stewed tomatoes.

Scramble the eggs as per receipt, adding the cheese a moment before serving. Put the scrambled eggs into a deep dish. Have ready the tomatoes well seasoned and mixed with a little chopped parsley. Pour them neatly into a hollow in the centre of the eggs and serve immediately.

Paris.

ANCHOVIED EGGS.

ŒUFS GOURMETS.

Have ready some eggs boiled hard according to receipt, allowing one for each person. Prepare slices of buttered toast from which the crust has been removed. Spread a thin layer of anchovy-paste on the toast. Make a rich Cream Sauce (see receipt), into which stir at the last moment a little finely chopped parsley. Slice the hard eggs. Lay the slices on the toast. Spread a thick layer of sauce over each, and serve very hot.

FAIRIES.

1 pint of flour,
1 scant tablespoon of butter,
Pinch of salt,
Cold water.

Mix together flour, butter, and salt, then add cold water enough to make a dough which can be kneaded. Roll out as thin as paper. Cut in rounds, prick with a fork, and bake for an instant.

THIN BISCUITS.

1 pint of flour, Pinch of salt,
1 gill of milk, 1 egg,
1 tablespoon of lard and butter, mixed.

Beat the egg. Pour in the flour, then add the milk, and lastly the butter and lard. Knead well. Then break off small pieces the size of marbles. Roll out as thin as a sheet of paper, sprinkling with dry flour as you roll, this to make the biscuits crisp. Prick with a fork and bake brown.

N. B.—These require very little time in the oven.

CRISP COOKIES.

½ lb. of butter, ½ lb. of sugar,
1 lb. of flour, White of 1 egg.

Mix together thoroughly. Flavor with bitter almond or ratafia. Roll out thin, cut in rounds, and bake.

GERMAN SAND TART.

1 lb. of powdered sugar, 1 lb. flour,
1 lb. butter, 7 eggs,
Juice of 1 lemon.

Beat all together, addings eggs and flour alternately. Stir in the same direction for 1 hour. Butter the inside of a cake-mould and sprinkle thickly with fine Zwieback or cracker crumbs. Fill with the batter and bake in a moderate oven for 1¼ hours. Also excellent baked in 2 layers and finished with jelly between and rum icing over the top.

PRUNE PUDDING.

½ lb. of prunes, 1 teaspoon of vanilla,
1 pint of cold water, 6 eggs, whites only,
3 tablespoons of powdered sugar, 1 pint of cream.

Soak the prunes in the water for about 20 minutes, then put on the fire and stew for ½ an hour. Press through a sieve. Add the powdered sugar and vanilla, also the whites

of eggs beaten to a stiff froth. Beat well together. Bake in a moderate oven about 25 minutes. When cold place on ice for several hours before serving. Whip the cream and heap it on the pudding when ready to serve.

MYRTLE COCOANUT PUDDING.

1 cocoanut,	6 yolks of eggs,
Milk of same,	1 lb. granulated sugar.

Scald together the sugar and milk until dissolved, but do not boil. Remove from the fire and add the grated cocoanut, stirring constantly. Beat the eggs light. Beat them into the cocoanut. Stir together over the fire until scalding hot, but do not boil. Pour into an earthenware pudding-dish and bake in a moderate oven 10 to 15 minutes or more, until brown.

JELLIED PRUNE PUDDING.

1 lb. French prunes,	½ box of gelatine (Nelson's),
1 pint of water,	2 tablespoons of brandy,
1½ cups of sugar.	½ pint of cream, whipped.

Stew the prunes in the pint of water. When nearly tender, add the sugar and stew until soft. Then remove the stones and cut each prune in 4 pieces. Meanwhile dissolve the gelatine in 1 gill of cold water. Set this on the fire and stir until thoroughly melted. Strain this into the prunes. Add the brandy. Rinse out a border-mould with cold water. Fill with the prune mixture and set away on ice to harden. Having whipped the cream, add to it a little lemon-juice, also a little of the peel grated. When ready to serve, turn the pudding out of the mould and heap the cream in the centre space.

JELLIED FIG PUDDING.

Proceed as above, substituting dried figs. Both of these jellied puddings are highly recommended. Canned apricots and peaches are also excellent prepared in this manner with the gelatine, etc., and served with cream.

FLUMMERY.

1 quart of wine jelly, 5 eggs, yolks only.

Having made the Wine Jelly (see receipt), to which should be added a little flavor of spices, set it away to cool, but not to harden. Then add the yolks of eggs beaten light. Put again on the fire and stir without ceasing until it begins to thicken as a custard. Then *pour* this back and forth until perfectly cold. Rinse out a mould with cold water. Pour in the mixture and set away to harden.

N. B. In preparing the wine jelly, care should be taken not to make it too stiff, as the addition of the eggs tends to make it still firmer.

CHESTNUT CREAM.

CRÈME AUX MARRONS.

Remove the shells and skins from a pint of fresh chestnuts. Boil until very soft. Drain thoroughly. Mash, sweeten, and flavor with vanilla. Set away to get cold. Meanwhile prepare a stiff whipped cream, of which take about twice as much in bulk as you have of mashed chestnuts. Whip in the chestnuts when thoroughly cold, and heap in a glass dish. The chestnuts may also be placed in a layer in the bottom of the dish with the cream over them, but the first arrangement is preferable, easily made, and excellent.

GLACÉ.

1 quart of milk, 1 wine-glass of sherry,
1 cup of sugar, ½ box of Cox's gelatine,
4 eggs.

Mix together the milk, sugar, and gelatine, and set on the back of the range until the gelatine is dissolved, then bring to a boil. Beat separately the whites and yolks of eggs. When the gelatine is thoroughly dissolved, beat the mixture

into the yolks. Place again on the fire, and allow once more to come to a boil, stirring constantly. Then strain. Add the wine. Beat the whites of eggs into the mixture very briskly. Rinse a mould with cold water. Pour in the mixture and set aside in a cool place several hours before serving.

QUINCE PRESERVES.

Peel, core, and chop 25 quinces. Put the peel and cores in a porcelain-lined kettle with 1 quart of cold water. Let them boil until the juice is extracted. Strain. Add 7 pounds of granulated sugar and the chopped quinces. Boil until perfectly tender. Put into tumblers or jars and set away.

CLINTON'S PUNCH.

2 cups of English breakfast tea,
4 bottles of claret,
1 bottle of American champagne,
Curaçoa to taste.

Mix and put into a punch-bowl with a large lump of ice.

CHARLEY'S PUNCH.

1 quart of Santa Cruz rum,
1 pint of New Bedford rum,
2 gills of maraschino,
Juice of 15 lemons,
2 syphons of carbonic acid water, or 3 for milder punch.

Sweeten to taste. This makes 1 gallon. Put into a punch-bowl with a large lump of ice.

LADIES' PUNCH.

1 bottle of claret,
1 cup of strong English breakfast tea.
Juice of 5 lemons,
2 cups of sugar,
1 orange sliced,
Juice of 3 oranges,
1 bottle of Clysmic or other highly charged water.

Mix and put in a bowl with a large lump of ice.

CHERRY BOUNCE.

Fill a wide-mouthed demijohn nearly full with wild cherries. Pour in the best white spirits until quite full. Cork and set aside for 3 or 4 months, until it becomes quite dark.

If too dark, add more spirits, then strain off from the fruit. Add ¾ of a tumbler of cold water. Make a syrup, allowing 3 pounds of sugar to 1 quart of water, and add 1½ gallons of this syrup to 4 gallons of the cherry brandy. Fill bottles through a funnel in which is laid a piece of flannel. Cork well and set away. The older it becomes, of course, the finer it is. The cherry brandy without the addition of the syrup is also to be recommended.

KUMYSS SIMPLIFIED.

To a quart bottle of milk add ⅓ of a cake of compressed yeast and 1 teaspoonful of sugar. Cork tightly. Set the bottle in a temperature of 80 degrees for two days. The third day set in a cool place, and it is ready for use. Shake it each day after bottling. To keep it, set it in the ice-box.

SUPPLEMENTARY RECEIPTS (*Continued*).

DIANA SOUP.

POTAGE DIANE.

2 hen-partridges, not too young,
2 carrots,
1 leek,
½ bay-leaf,
3 cloves,
2 quarts meat broth, cold,
1 large onion, quartered,
Bunch parsley and celery,
Small sprig thyme,
5 allspice.

Clean the partridges and put in a stewpan with the vegetables, seasoning, and broth. Note that the broth must not have a strong meat-flavor, else it will cover the delicate flavor of the partridges. Cover and boil gently until the flesh begins to detach itself from the bones. Remove the flesh and return the carcases to the soup, which must continue to boil until the broth has a rich, fine flavor and is reduced to about 1 quart. Pour it off through a sieve into a china bowl and set aside for the sediment to settle. Meanwhile put the dark meat and broken scraps of the flesh into a mortar, reserving the good pieces of breast, which cover carefully and set away. Pound well the pieces in the mortar, adding a fully equal bulk of panada (that is, white crumb of bread boiled to a paste in milk), or a small quantity of fine grated bread-crumbs, but the panada makes the best quenelles. Pound all well together; add pepper, salt, a small pinch of grated nutmeg, 1 or 2 tablespoonfuls of stiff whipped cream, or, failing this, a lump of fresh butter, size of a hickory-nut. Pound until absolutely smooth and fine. (It is well even to *sift* the pounded meat before adding the panada.) Add one whole egg, and pound until it disappears absolutely in the

mass. A second white of egg may be added if the bulk of paste is fairly large. Now put a saucepan of salted boiling water on the fire. Let it boil briskly, then set a little aside where it will continue to boil gently, so that the water is almost quiet. Now take up with a teaspoon bits of the paste the size of a hazel-nut, or of a hickory-nut; form into balls, touching very little, and drop these into the boiling water. Try one or two first, and if too hard add a little cream, or if too soft add another white of egg. The water, if boiling too violently, will break the balls; or if not boiling enough, will give them time to melt. Therefore, best to try a small quantity until everything is just to suit. As soon as the quenelles are firm, remove them with a perforated skimmer to a plate. When ready to serve the soup, cut the breasts of partridges in dice and place them in the tureen. Pour the cold broth carefully, so as not to disturb the sediment, into a clean saucepan. Bring it to a boil; add salt and pepper, if necessary. When boiling, thicken very slightly with corn-starch dissolved in a little cold broth. Stir and boil 2 or 3 minutes till the corn-starch is cooked. At last moment add about 2 tablespoonfuls of good Madeira. Strain, boiling, into the tureen. Add the quenelles, cover, and in 2 or 3 minutes it may be served, giving just the time necessary for the quenelles to heat in the soup, for, if the boiling soup be poured *on* the quenelles, there is risk of breaking them.

A NEW OX-TAIL SOUP.

POTAGE QUEUE DE BŒUF.

Cut in 2-inch lengths an ox-tail, which wash and drain thoroughly. Put a soup-kettle on the fire with 3 quarts of cold water, 1 pound of shin of beef, and the pieces of ox-tail. Bring to a brisk boil; skim, and set back on the range where it will simmer gently, but absolutely without interruption. Add a very little salt, 1 onion, with 3 cloves, a bunch of celery, leek, thyme (small sprig), ½ bay-leaf, 2 carrots. Cover, leaving a small opening for the evaporation. When

the ox-tail is about half done, and the bones can be withdrawn, take them from the kettle, drain, and bone. Now put these in a pan with 1 gill of white wine, a pinch of pepper, and a little concentrated meat-juice (glaze). Cover and allow to simmer very gently. Meanwhile mix together in a saucepan over the fire, 1 heaping tablespoon of butter and two of rice flour (or ordinary flour—the former makes a more transparent thickening). When thoroughly blended and a little browned, add a teacupful of good tomato-purée. Mix well till smooth. When the broth in the kettle is boiled down to 2 quarts, pass it through a sieve and add it to the saucepan of tomato-purée. Bring to a boil, and set back on the range to settle. When ready to serve, skim once more; pour into the tureen through a fine strainer. Add the tails and serve.

SOLE À LA FLORENTINE.

NOTE.—This receipt, as indeed nearly all those given for sole, may be used for any other fine fish which may be either filleted or cut in neat steaks.

Prepare a fine, well-seasoned purée of young spinach, to which add a little thick sweet cream and a piece of fresh butter. Spread a thick layer of this on the bottom of a flat, fire-proof bakedish. Meanwhile, having prepared filets of the fish, "poach" them in salted boiling water until just firm—no more. Lay these upon the spinach, when perfectly drained. Over all spread a layer of thick, rich Cream Sauce; again over this a coating of grated parmesan and gruyère cheese mixed; sprinkle lightly with dried sifted bread-crumbs and dots of butter. Set in the oven till golden brown and serve in same dish.

SOLE À LA MALMAISON.

The filets in this case are to be cut in two across the length, that is, short and broad; 4 filets on each side, 8 per sole. Wash and dry. Prepare in a fire-proof bakedish,

which has a cover, a lump of fresh butter melted. When very hot, lay in the filets, and cook gently till firm, but do not allow them to brown, save perhaps on the edges. There should be butter enough to cover them, and the fire not too sharp. Cut in small pieces 2 artichokes, using the cup part only (fonds d'artichauts), for each sole. If not prepared in tins, then they must be previously boiled. Put these in the butter around and between the filets. Add a little lemon-juice, ½ teaspoonful of Worcestershire Sauce, a little chopped parsley, pepper and salt. Cover and cook very gently for 10 minutes. Serve in the same covered fire-proof dish.

SOLE, VENETIAN FASHION.

SOLE À LA VÉNITIENNE.

Filet 2 sole, that is, make 4 of each fish. Remove all bones and trim the edges neatly. Now take ½ lb. of any fine fresh fish: pike is most frequently used for the purpose, being esteemed in Europe as among the most delicate of fish. Remove skin and bones and pound the raw fish in a mortar with 2 oz. butter and a little less than 2 oz. of panada (white crumb of bread boiled in milk to a paste), also 2 or 3 yolks of egg. Pound very thoroughly—the longer the better—as this makes the preparation more delicate. Press the whole through a sieve. Season with salt, pepper, and a very little nutmeg. Now work in rapidly 3 tablespoonfuls of whipped cream and 2 tablespoonfuls of mixed fine herbs—shallot, parsley, tarragon, and chervil; also a few mushrooms, all chopped as fine as can be. When this is ready, spread each sole-filet on one side with the mixture, and fold it together with the dressing inside. Melt a good lump of butter in a saucepan; lay in carefully the filets, moisten with a little white wine; cover with a buttered paper, and set in a moderate oven until firm, then set aside to keep warm.

Take what remains of the dressing after spreading with it the filets, as above; roll lightly in balls the size of a hickory-nut, and poach in salted boiling water, which must not boil

hard when you put in the quenelles, lest they break. When firm, remove with a skimmer, drain, and place in a saucepan with a handful of boiled and shelled shrimps, and 2 or 3 tablespoonfuls of the Venetian Sauce described below. Whan ready to serve, arrange the filets in a circle, with the quenelles and shrimps in the centre, pour a little of the sauce over, and serve the rest in a sauceboat. Sauce Vénitienne is made as follows: First put in a bright saucepan a large tablespoonful of good wine-vinegar, a piece of bay-leaf, salt, whole pepper, a sprig of thyme, parsley, and tarragon. Boil slowly till reduced ½, then strain and set aside. Now take the liquor in which the filets have been cooked and to this add about ½ cupful of rich White Sauce. Mix well, and boil down to a rich, creamy consistency. To this may be added a little concentrated meat-juice (glaze), also the vinegar previously prepared as above. Pass the sauce through a fine sieve. Heat again and add 1 teaspoonful of fresh butter, 1 tablespoonful of finely-chopped mixed parsley and tarragon, also 1 or 2 drops of tabasco, or a very little cayenne pepper. Serve immediately, a portion poured over the fish, the rest in a sauceboat.

INDIAN LOBSTER.

HOMARD À L'INDIENNE.

Take 2 rather small live lobsters. Plunge them head foremost into boiling water just long enough to kill them. Chop them, shell and all, in lengths of from 2 to 3 inches. Now cut in small dice 1 onion and 2 shallots. Fry these very slightly in a good tablespoonful of fine olive-oil. Now add to this the pieces of lobster, and cook over a brisk fire for a few minutes—about 3. Add salt, a saltspoonful of very good curry-powder, a gill of white wine, ½ teacupful of good rich White or Cream Sauce. Mix well; cover and set the saucepan where the lobster will cook gently for another fifteen minutes, or even twenty.

Have ready boiled and well dried a good ½ cupful of rice

(measured raw), to which add a lump of fresh butter and a pinch of curry powder. Arrange the rice in a circle on a hot dish; fill the centre with the pieces of lobster, and place where it will keep hot.

Return the lobster sauce to the fire. Skim off any fat, and when it has boiled hard for about 3 minutes, pour this on the yolks of 2 eggs. Beat, and stir over a gentle fire till hot. Then strain over the rice and lobster, and serve. To make a crown of rice, the best way is to butter a border-mould very generously, to press in the rice firmly, heat enough to melt the butter on the inner sides of the mould, and turn out immediately on a round dish. Do not bake it.

COLD SALMON RUSSIAN STYLE.

SAUMON FROID À LA RUSSE.

Take a slice of salmon from the broadest part of the fish, and from 6 to 8 inches thick. Boil in salted water. When thoroughly done, place it in a deep dish on one of the cut sides. Cover and set away until perfectly cold. Have ready equal portions of all fine summer vegetables, also cauliflower and artichokes, the latter especially to garnish, as also beet-root. Boil and chill all. Make a Mustard Dressing, or a Sauce Emmanuel, adding 3 drops of tabasco, or a pinch of cayenne. Mix together all except the artichokes and a portion of the cauliflower and beet-root. Now remove the outer skin carefully from the salmon, and place it on a round dish, always on one of the cut sides. Around this pink centre arrange tastefully the dressed vegetables. Now fill the cups of the artichokes (fonds d'artichauts) with some of the same dressed vegetables, place them around the dish as a garnish, with sprigs of cauliflower, beets cut in a design, etc., etc., as your taste may suggest. In the middle of the salmon put a bunch of green parsley, and serve. Or the salmon may be served without the salad as above, also cold, and jellied in fish-jelly, as described for Jellied

Shrimps. In this case serve with a Cucumber Sauce, or Sauce Emmanuel and sliced cucumbers.

ITALIAN FRITTURA.

FRITURE À L'ITALIENNE.

Take of every available fish, the small ones whole, the larger filleted, cold boiled cauliflower in pieces, balls made of cold boiled spinach, the leaves and cups of artichokes, etc., etc. Dip separately in a light batter and fry in boiling oil, or in deep boiling lard. When golden brown, skim out, drain thoroughly; pile on a napkin, and serve with Tomato Sauce, Sauce Tartare, or other thick, tasty sauce. Garnish with fried parsley. This as given is for fish, but the same is also made with pieces of cold chicken, tongue, ham, sweetbreads, calf's brains, balls of croquette-meat, and all the vegetables mentioned above, some of each, all dipped, fried, mixed well, and served with one of the sauces already mentioned.

FLEMISH FISH SOUP.

WATERZEU DE POISSON.

This resembles in a measure chowder made with fresh-water fish. Those generally used in combination are perch, tench, sole, eels; to these, or to replace them, might be used catfish, lake-bass, or any good small fish.

First wash well and remove the heads. The eels should be scalded on the fire for 10 minutes, then cut in 2-inch lengths. In a saucepan on the fire put all the heads, and clean trimmings, such as fins and tails, with 4 leeks, 1 onion, 2 cloves, and a little parsley root, and water to cover. When cooked long enough to be well flavored, pass through a sieve; add salt and pepper to taste. Set again on the fire in a saucepan; lay the little fish and eels in this fish-broth, and simmer until the fish are cooked. Have ready a tureen in which put dice of white stale bread, a lump of fresh butter, and some chopped parsley. Lay the fish on these; pour

the fish-broth over all. Cover; let stand 2 or 3 minutes, then serve.

FISH LOAF.

PAIN DE POISSON.

This may be made in two ways. Either follow the proportions given for Veal Loaf (see receipt), replacing all the meat by an equal quantity of cold boiled and boned fish, or as follows: Chop the cold boiled and boned fish and rub it through a sieve. Prepare a rich sauce by boiling the fish bones and trimmings with good seasonings. Strain it and use it in preference to milk for your White Sauce, thickening as usual. Of this sauce use a quantity about equal to the fish. Strain the sauce and mix it thoroughly with the fish. Add pepper, essence of anchovy, a little chopped parsley and a very small pinch of grated nutmeg. Now beat in the yolks of 3 eggs to a pint of the preparation. Beat to a stiff froth the 3 whites, and beat them thoroughly into the mass, which should now be like a quite thick batter. Take a tin mould with straight sides (or a border-mould, but this may be more difficult to manage at first). Rub thoroughly inside with butter and dust over with sifted bread-crumbs. Fill ¾ full of the preparation. Stand the mould in a pan of boiling water and bake in the oven 45 minutes. Should the top brown too quickly, cover with a buttered paper. Turn out on a flat dish and serve with Anchovy Sauce; or if in a border-mould, the centre may be filled with creamed lobster, or creamed oysters, or with mushrooms, and served with the necessary sauce. If in border-mould, bake shorter time.

DEVILLED CRABS, COLD.

Prepare according to usual receipt, and set away to cool in the shells. Serve very cold, with Sauce Emmanuel or Sauce Tartare, or with Cucumber Sauce.

A good dish for hot weather.

COD'S HEAD STEWED, FLEMISH FASHION.

TÊTE DE CABILLAUD À LA FLAMANDE.

Having washed and wiped dry a young cod's head, put it in a saucepan with a lump of fresh butter, ½ bay-leaf, small sprig of dried thyme, parsley, salt, pepper, a very small quantity of grated nutmeg and a large wineglass of white wine. Cover and stew gently until the flesh begins to leave the bones. Take out the herbs; thicken the sauce with dry rolled cracker-crumbs, and serve in a deep dish.

FISH FRIED IN BATTER.

Take various small fish, such as smelt, whiting, young cod, etc. Wash, wipe, dip in batter, and fry golden brown in deep lard. Drain thoroughly. Fry a bunch of parsley. Garnish with this and cut lemon. Serve at same time a Tomato or Tartare Sauce. Fresh sardines are especially good done in this way.

SALT COD AND TOMATOES.

BRANDADE DE MORUE.

Soak some very white, good salt cod over night. Mix in a saucepan over the fire 1 tablespoonful of butter and 2 of flour until slightly browned. Stir in a cupful of the thin part of stewed tomatoes, heated. Stir smooth and set aside while you stew in butter 1 chopped onion and 2 shallots, or a small clove of garlic; add the fruit of the tomatoes from which you have strained the juice for the sauce. Add these, when fried, to the sauce, also 4 or 5 potatoes cut in pieces. Cover and stew till the potatoes begin to go to pieces. Meanwhile boil the codfish in plain water until nearly half done, then drain and add this to the stew an hour before serving. Stew carefully, not to scorch. Serve with croûtons.

TRUFFLED VEAL.

NOIX DE VEAU À LA PERIGUEUX.

Remove all gristle, skin, and sinews from a filet of veal. Take a large truffle and cut it in long, thin strips, like macaroni. Make slits in the top of the veal, and introduce in each a strip of truffle, as if you were larding the veal. When this is done cover over and around the filet with thin slices of fresh fat pork, binding or skewering them fast. Have ready a flat-bottomed stewpan, in which melt a large teaspoonful of butter, then cover the bottom with thin slices of raw ham, carrots, and onion. On this place the veal. Cook briskly for a few minutes, then, when sufficiently seared to keep the juice in the meat, add 1 large tablespoonful of madeira, and continue 2 minutes more the brisk cooking, without covering the pan. Now add 3 gills of very strong broth, a bouquet of parsley, sprig of thyme, ½ bay-leaf, 2 cloves, 3 allspice, 1 or 2 shallots, or 1 clove of garlic, celery-leaves, a little salt and pepper. Cover air-tight and place in a moderate oven, being very careful to baste now and again. When cooked sufficiently (allowing quite 20 minutes to the pound in a moderate oven), remove the veal to a dish; take off the pork and keep the meat hot. Skim the sauce that remains in the stewpan, and return it to the fire, adding a little concentrated meat-juice (glaze) or a little Liebig's Extract. When this is melted, put back the veal in the pan; baste it well with this sauce while you expose the surface, *uncovered*, to the heat from above: that is, either under the bars of the grate, if the fire is clear, or on the top shelf of the well-heated oven, with door open—do this till the top is nicely glazed. Dish the veal. Now add to the veal gravy in the stewpan 1 gill of thick brown sauce or very strong broth and Liebig's Extract, and 1 gill of madeira (also 1 gill of thick tomato-purée). Bring to a brisk boil for 2 or 3 minutes, till reduced to a good strength and consistency—it must not be at all watery; pass through a strainer, a few

spoonfuls over the meat, the remainder in a sauceboat in which you have put some of the truffle, chopped.

CARBONNADE FLAMANDE.

2 lbs. sliced round of beef,
1 tablespoonful of butter,
6 chopped onions,
Salt and pepper,
3 tablespoonfuls of flour,
1 pt. of broth,
½ pt. stewed tomatoes,
½ pt. red wine,
Bunch of parsley and herbs.

Brown the beef slightly on both sides in a frying-pan with the butter, pepper, and salt, then lay it in the saucepan. Now brown the onions in the butter, then stir the flour into these, and, when well mixed and a little browned, add these to the saucepan. Now add the broth, tomatoes, and wine, and bunch of sweet herbs, Mix well together, cover, and stew gently for quite two hours. Before serving, remove the bunch of herbs. Serve with a dish of mashed potato or plain macaroni.

VEAL KIDNEYS À LA PROVENÇALE.

Rub together over the fire 1 teaspoonful of butter, 2 of flour, with 1 teaspoonful of fine olive-oil, salt, pepper, and 2 or 3 finely chopped shallots. Stir together over a gentle fire and add the kidneys cut in squares, after scalding as in receipt for Stewed Kidneys. Now add 4 tablespoonfuls of thick tomato-purée and a few drops of lemon-juice. Season to taste. If too liquid, add a little fine dried and sifted bread-crumb. Serve in a deep dish.

STEWED KIDNEYS.

ROGNONS SAUTÉS.

For this may be used veal kidneys or fine young mutton or lamb kidneys. Throw them into boiling water for 2 minutes, then drain and throw into cold water for about same, to chill them. Remove the sinews and cut in small pieces, or in slices. Now put these in a stewpan with a

spoonful of fresh butter, salt, and pepper, and stew for 5 minutes. Have ready an equal bulk of fresh mushrooms stewed in butter. When the kidneys are ready, mix in the mushrooms, a wineglass of madeira, a pinch of mustard and some chopped parsley. Have ready some croûtons. Thicken the kidney sauce slightly with corn-starch. Serve in a deep dish, garnished with the croûtons. Note: Kidneys require very little cooking, otherwise they harden.

SCOTCH COLLOPS.

Take a slice of raw beef, round or other. Hash very fine. Pull out every thread and coarse fibre. Now put in the chafing-dish and add a little *cold* water. Cook until gray-brown, putting in a tiny lump of butter. Do not stir, but *pat* down with the back of the spoon, turning over quickly and frequently so that each particle of meat gets its share of the cooking. When nearly done, add a little hot water to make the gravy; then dredge in a little flour, add a piece of butter and a little pepper. Mix well, and only at the last moment add a little salt. Have ready slices of toast. Put the collops on the toast, add a poached egg to each piece, and serve. The collops should be of the consistency of soft hash.

TOURNEDOS AUX ARTICHAUTS.

SMALL FILETS OF BEEF WITH ARTICHOKES.

Cut slices ¾ inch thick from the fine end of the filet of beef, even in size. Pound these with a few quick strokes and form them again evenly. Cut slices of stale bread of exactly same size as the little filets, one for each. Fry the bread very lightly on both sides and place on a hot dish. Baste these with a coating of very strong, rich brown gravy, and let it sink into the bread. Have also ready, heated, the under part of artichokes, one for each filet. Prepare also some Béarnaise Sauce (see receipt). When everything is

ready at hand, broil the filets over a quick, bright fire, turning very often. When done, place one on each croûton, and moisten with some of the same rich meat-gravy. Place on the top of each, one of the artichokes; fill the cup of this with Béarnaise and serve immediately.

TOURNEDOS TIROLIENS.

Prepare, broil, and dish on croûtons, as directed in foregoing receipt. Garnish the dish ⅓ with thick stewed, fried or baked tomatoes; ⅓ with fried potatoes cut the size of a straw, and fried very pale color; the remaining ⅓ with a green vegetable, such as string beans, braised lettuce, Brussels sprouts or spinach. Then cover each Tournedos with Béarnaise Sauce and serve immediately.

SWEETBREADS ROYAL STYLE.

RIS-DE-VEAU À LA ROYALE.

2 sweetbreads,
¼ box of mushrooms, chopped fine,
2 eggs,
½ lb. chopped raw veal (or fine sausage-meat),
⅛ lb. of butter,
Bread-crumbs.

Bleach and prepare the sweetbreads, and boil in salted boiling water about ½ hour. When cold, cut in even slices about ⅓ inch thick. Prepare a force-meat with the chopped veal, 1 egg, and mushrooms, all well pounded together. Cover each side of the slices of sweetbread with this mixture. Dip each slice so prepared, first in fine sifted bread-crumbs, then in beaten egg, and again in bread-crumbs; then fry golden brown in hot butter, and serve with Mushroom Sauce. Note.—Before frying, it is, as a rule, better to allow all things that are dipped as above to stand awhile.

SWEETBREAD PUDDING.

2 sweetbreads,
3 eggs,
Pepper,
1 tablespoonful chopped parsley,
¼ lb. butter,
2 oz. stale white bread-crumbs,
Salt,
½ gill cream.

Blanch and prepare the sweetbreads as usual, then put in

a pan with a part of the butter and brown very slightly. Moisten the fine bread-crumbs with the cream, and add the yolks of eggs one by one; then add the remaining butter and all the other ingredients except the whites of egg. Add the sweetbreads cut in squares. Butter a fireproof mould. Beat the whites to a dry froth, and beat at last into the mixture. When thoroughly mixed, pour into the buttered mould ¾ full. Set the mould in a pan of boiling water and bake in the oven 30 minutes. Serve with Mushroom or other fine Sauce.

SWEETBREADS HOLLAND FASHION.

RIS-DE-VEAU À LA HOLLANDAISE.

4 sweetbreads blanched and prepared;
1½ pts. veal broth,
3 yolks of egg,
Pepper,
¼ box mushrooms,
⅜ lb. butter,
1 lb. veal,
Salt,

White Sauce.

After blanching, cook the sweetbreads ½ hour in the broth. Slice them. Put ½ the chopped veal with ½ the butter on the fire, and stir 15 minutes. Then pass it, with the remaining raw veal, through the chopping-machine. Add the egg yolks, remaining butter, and seasonings, moisten with the White Sauce. Now take a round, fire-proof bakedish and rub inside thoroughly with butter. In the centre place a round piece of stale bread about 3 inches thick. Around the bread, spread on the bottom of the dish a layer of the force-meat. On this place in a circle the slices of sweetbread. On these spread the remaining force-meat, and on this the rest of the slices, overlapping. Let the force-meat fill evenly all the spaces between. On each slice place a mushroom. Cover with buttered paper and bake 45 minutes. Remove the bread from the centre; fill the space with stewed mushrooms, and serve with a Mushroom Sauce made with the broth in which the sweetbreads were boiled. Serve in the same dish in which they have been baked.

MINCE WITH EGG AND CHEESE.

Prepare even slices of toast. Make a fine mince of veal, lamb, or chicken. Make a thick Cream Sauce. Mix a very little of this with the mince and arrange this on the toast, as thick a layer as you can manage. On each of these place a poached egg. Cover all with thick Cream Sauce; cover the sauce with grated parmesan and gruyère, and this again with fine bread-crumbs and dots of butter. Set in the oven only long enough to melt the butter and heat all thoroughly, then serve. The egg must be very soft, or the oven will harden it too much. A good lunch relish.

WIENER SCHNITZEL.

Cut rather thin slices from a white and tender leg of veal —thinner than for the ordinary veal cutlet. Pound with a few short, sharp strokes. Form again into shape. Dip in egg and sifted bread-crumb, pepper, and salt. Fry quickly in ½ butter and ½ lard mixed; the fat must be as hot as for croquettes. When firm to the touch, and golden brown, lay them on a hot dish. On each slice put a boneless anchovy rolled up, and around the anchovy put capers. Garnish with quarters of lemon and serve.

LUNCH HAM WITH MADEIRA SAUCE.

Cut large, very thin slices of ham which has been boiled. Prepare a purée of spinach, which arrange on a round dish. Warm the ham, but do not let it curl or crisp. Roll it up, cigarette-fashion, and lay around, against the spinach. Serve with a brown sauce well flavored with madeira.

RICE AND SAUSAGES FOR LUNCHEON.

Boil a cupful of rice in broth until tender. Drain and dry as usual. Cut the stem-end from 8 tomatoes, which roast in the oven with bread-crumbs and butter on the cut side, also pepper, salt, and chopped parsley. Bake in a moderate oven

until browned on the edges—nearly 1 hour. Broil or fry in the pan 8 sausages. Put the rice in a thick layer on a round dish and place alternately the sausages and tomatoes around on the rice. With this serve a brown sauce with curry; or may be served without sauce. The sausages may be replaced with ham cut thin, warmed, and rolled up.

SCALLOP SHELLS FOR LUNCHEON.

Fill with ½ each of mushrooms which have been stewed, and cold veal, chicken, turkey, lamb or boned fish, in small pieces. Moisten with some of the Mushroom Sauce and a very little broth for the meat, or with White Sauce or fish-broth—but very little of either. Sprinkle with bread-crumbs and butter, pepper, and salt, and bake until well browned. Do not cut the mushrooms too small.

VEAL WITH ENDIVES FOR LUNCHEON.

Endives, or escarolle, can be prepared in this case like spinach, but not chopped so fine. Cut even slices of cold filet of veal; dip in egg and bread-crumbs and fry in hot butter. Dish in a circle on a bed of the vegetable and serve.

TOMATO-RICE WITH CHICKEN LIVERS.

Scald, drain and sauté the livers in butter for a very few minutes, being careful not to harden by too much cooking. Take boiled rice well dried. Mix with it by the spoonful tomato purée until the rice is reddened but does not stick together like a paste. Have ready also some strips of ham, warmed. Put the rice on the bottom of the dish; make a hollow in the centre, in which place the chicken livers, garnish the rice with the strips of ham, and serve with dry grated cheese.

GERMAN MEAT-CAKE FOR LUNCHEON.

Prepare a fine, tasty mince of chicken and tongue, or sweetbreads and ham, a few chopped mushrooms or a little

truffle—much like croquette-meat. Then make 4 very thin large pancakes, omitting the sugar. Put one on the bottom of a hot dish, spread over this a layer of mince, and repeat this, finishing with the pancake. Serve very hot with a good brown sauce.

PIGEONS WITH OLIVES.

PIGEONS AUX OLIVES.

Draw and truss very young and tender pigeons. Place them in a fire-proof dish with a good piece of butter. Leave uncovered till the pigeons have browned slightly over the hot fire, then add salt, pepper, a gill of dry white wine, a small teaspoonful of concentrated meat-juice (glaze), and ½ a gill of strong broth; also a handful of olives which have been stoned, scalded in salted boiling water, and drained. Now cover the fire-proof dish and place where it will cook very gently. If on the top of the range, it must be stood in a pan of boiling water (bain-marie); or may be set in a moderate oven, and basted now and again. For very young squabs, ½ hour may suffice, but more probably 45 minutes and more, according to size and age. Remove the fat from the sauce, and serve the pigeons with olives and sauce in same fire-proof covered dish in which they were cooked.

Note. To replace "glaze," which is not always at hand, add to your sauce of good, well-boiled-down broth a little Liebig's Extract, and thicken at the last with just enough corn-starch to take off all thin, watery quality. In every instance mix the corn-starch well with a little cold broth, and let it boil very briskly for at least two minutes.

DAINTY STUFFED PIGEONS.

PIGEONS FARCIS AUX FOIES DE VOLAILLES.

Select young and tender pigeons. Clean and prepare. Have ready a dressing made as follows: Chicken livers (allowing 2 or 3 to each pigeon) scalded and mashed; same bulk of

grated stale bread-crumbs; fine-chopped fat pork, ham, parsley, onion-juice, a few drops of lemon-juice, very little grated nutmeg (or none), pepper and salt, all thoroughly pounded together till perfectly blended; add one egg, or 2 yolks and 1 white to enough dressing for 4 pigeons. Too much egg, especially white, hardens a delicate dressing. Now fill the pigeons *between the skin and the flesh* as much as they will contain, putting the remainder in the bodies. Tie, or sew well, that the dressing may not run out in the cooking. Truss the pigeons neatly and brown lightly in hot butter. Meanwhile have ready, cooked tender in good broth, the following vegetables, cut in small, even, neat pieces: Carrots, leeks, turnips, a little tender celeriac, and ordinary celery. Put the vegetables in a stewpan, lay the pigeons on this bed. Cover perfectly tight and set in a very moderate oven, or on a corner of the range where they will simmer very gently. If very young, an hour will suffice; but old ones may require 4 to 6 hours of very slow cooking to make them quite perfect, as slow cooking is essential. If they take long, pay great attention that they do not become dry, and add from time to time, as may be necessary, a little good broth—but on the other hand, avoid making the dish like a stew, immersed in liquid. It must be rich and juicy, and the sauce should take a good brown color. When cooked, place the pigeons in the centre of a dish; drain out the vegetables and arrange them around. Boil down quickly the sauce, adding a few spoonfuls of rich brown gravy, if you have it, or broth and a little corn-starch to thicken. Boil briskly for 2 minutes more, add a tablespoonful of madeira, and serve in a sauce-boat.

WATERZEU OF CHICKEN.

Clean and truss a chicken, less young and tender than for roasting. Put it in a saucepan with a piece of calf's foot cut fine, an onion chopped (or 2 or 3 shallots chopped); a carrot and bunch of soup-herbs tied together, and 2 teacupfuls of celery cut in inch-lengths; also add salt and pepper. Cover

entirely with cold water. Bring to a brisk boil; skim, cover, and set back where it will simmer gently for perhaps 2 hours. But watch it, and as soon as the flesh looks at all ready to leave the bones, remove the chicken to a soup-tureen. Throw away the carrots and the bunch of herbs, and return the sauce and celery to the fire. Boil briskly for a few minutes; then stir in a very little corn-starch dissolved in a very small quantity of cold broth; boil for 2 minutes. Add 2 or 3 tablespoonfuls of rich cream, if available, and pour into the tureen, in which, together with the chicken, you have put a few dice of dry, stale bread. Cover and serve. This is eaten in soup-plates with fork and spoon. The chicken should not fall from the bones, but only just remain in shape.

Waterzeu of Fish is also a popular Flemish dish. See receipt for same.

MILANESE CHICKEN.

POULET MILANAISE.

Prepare a fine, large, tender chicken (or capon) by braising it (see receipt). Meanwhile, boil a cupful of well-washed rice in good bouillon until tender, then drain thoroughly. Prepare also a rich White Sauce made with good broth, adding a few spoonfuls of rich cream. Lay the rice in a thick layer on a round, fire-proof dish. Cut the chicken in large even pieces and pile these on the rice, packing them firmly in a mound, leaving an edge of rice beyond, all around. Now cover this carefully with a thick layer of the sauce, letting the latter fill every chink and space between the pieces of chicken, keeping the surface smooth. Over this put a thick layer of grated parmesan and gruyère cheese. Set in a brisk oven till golden brown, and serve.

Small slices of ham may be placed between the pieces of chicken, and a raw egg may be beaten into the thick sauce when it is not boiling, and before covering the chicken.

BRAISED CHICKEN WITH TOMATOES.

POULET BRAISÉ AUX TOMATES.

The tender chicken being properly cleaned and trussed, set a stewpan on the fire with a good teaspoonful of butter. Melt slowly, then draw forward where it will cook more rapidly, and lay in the chicken, turning on one side and another until of a nice, golden color; then set the stewpan on one side where it will cook more slowly. Peel, cut in quarters, and fry quickly in butter 4 tomatoes, about 5 minutes. Add these to the chicken, also 3 or 4 finely-chopped shallots which have been fried with the tomatoes; or these may be replaced by a half onion, chopped. Add also a little pepper, salt, a piece of *sweet* pepper, and 2 gills of good broth. Close very tightly, and simmer gently for half an hour or longer, according to size, age, and quality of chicken. Give it ample time to cook gently. Before serving, skim off all unnecessary butter and grease from the sauce; add to it a small spoonful of madeira, a teaspoonful of finely-chopped parsley, and serve with the tomato, without straining the sauce. Or the chicken may be finished in the oven in a brown fire-proof dish, and served in the same covered dish.

CURRIED CHICKEN WITH VERMICELLI.

This is prepared according to usual receipt, excepting that the rice is replaced by vermicelli which is boiled in strong, good broth (chicken preferred), and when well drained, is served around the chicken.

BRAISED GOOSE WITH CHESTNUTS.

Draw, singe, and truss a fine young goose. Melt a teaspoonful of butter in a saucepan where the goose can be admitted without much waste space. When the butter is hot, lay in the goose and let it brown lightly on all sides. Then add an onion and a carrot sliced, a bunch of sweet herbs, and ½ tumbler of white wine. Let this cook off un-

til the liquid is almost entirely evaporated. Add then salt, pepper, and good broth to ⅓ the height of the goose. Now cover *air-tight* and set the saucepan in a moderate oven. Open from time to time and baste. If the broth cooks away too much, add, but not more than a gill at a time; preferably less, as the goose will otherwise have a taste of stew. It will require from an hour to 1½ for a young goose—more, the older and tougher it is, for it must cook very gently.

Prepare the chestnuts as follows: Take 25 large French chèstnuts. Split and roast slightly. Remove shells and skins; lay the chestnuts in a saucepan with a pinch of salt and 3 lumps of sugar. Add a little broth and cook gently till this is almost evaporated—that is, until the chestnuts become glacéd, each retaining its shape, and covered with a coating of glaze. To serve the goose, cut it in proper pieces, arrange it on a dish with a mound of chestnuts at each end. Meanwhile remove all fat from the sauce in which the goose has cooked; strain it, and, if the quantity is insufficient, add a little boiling strong broth, a little concentrated meat-juice (or Liebig's Extract) and a wineglass of madeira. Boil down quickly; strain. Pour part over the goose and the chestnuts, and serve the remainder in the sauceboat.

CHAUD-FROIDS AND JELLIED DISHES.

CHAUD-FROID OF CHICKEN.

CHAUD-FROID DE POULET.

Clean and truss a fine young, tender chicken (or capon). Tie a piece of fat pork over the breast. Place this in a saucepan on a bed of chopped carrot, onion, with 3 cloves, ½ bay-leaf, and a bunch of sweet herbs. Fill ⅔ with white broth or water, cold. Bring to a rapid boil and skim. Then set back on the range where it will cook gently till quite tender: 30 minutes or more, according to age and quality of the chicken.

Now make 1 quart of White Sauce (see receipt), using the

broth of the chicken, strained. When this is ready, and boiling, beat it by degrees into a bowl containing 4 yolks of eggs, beaten. Add a few drops of lemon-juice, a very little grated nutmeg, salt, and 1 tablespoonful of juice of stewed mushrooms and a small lump of fresh butter. Return the sauce to the fire, stirring constantly. When hot add 5 *leaves* of gelatine, previously washed in cold water and well drained. Or you may use the box-gelatine, about 1 ounce; but the latter must be previously soaked in cold broth. (The French leaf-gelatine need only be washed, and dissolves quickly when hot. It is to be found in most good grocery-shops, and the proportions for plain jelly are: in winter, 12 leaves to the quart, and in summer even 14.) When the gelatine is dissolved, strain the sauce through a fine strainer into a bowl, and set away to cool. When almost cold beat in ½ pint of whipped cream—no liquid. Set aside where it will cool but not harden. Prepare also a little plain, clear, pale jelly, using the proportions as for ordinary jelly. Set this also to cool, but not harden. Prepare also a large, flat platter, or dish, sprinkling over the entire surface little drops of good sweet oil, which is to prevent sticking.

Now cut up your chicken in neat pieces, large enough to serve 1 piece to each person. Dip each piece in the cold, thick sauce, being very careful to cover all sides, and lay each piece on the oiled dish in such manner as not to touch its neighbor. Set in a cold place to harden. Now see that each piece is really perfectly coated, and if not, repair with more sauce, which must have been kept, meanwhile, where it remains cool without hardening. Now, if desired, garnish each piece with a slice of truffle. Brush over the whole the clear, liquid jelly which you have prepared as directed. Harden again in a cold place. This latter gives the glaze necessary to perfect the chaud-froid. When the pieces are thoroughly firm, pile them in a pyramid on a bed of crumbed clear jelly. Garnish to taste with crumbed jelly, or dice of same, truffles, parsley, lemon, beet, etc.

This detailed process serves for every dish of chaud-froid

which is to be white. There is also a brown sort used for dark game, etc., which see below.

CHAUD-FROID OF PARTRIDGE PIE.

CHAUD-FROID DE PERDREAUX À LA PRINCE ALBERT.

For this dish procure a terrine of Pâté de Perdreaux, which is well put up by Henry of Strasburg. There are also good ones in tins. Take the pâté out of the terrine or tin, remove all the fat from all sides, and cut the pâté in slices about ¼ an inch thick and of even size. For this dish you will require two sauces, the white as in preceding receipt, and the brown as follows: Prepare a strong, brown broth, which boil down until concentrated, to which you add any dark, strong juice of roasted meat, veal or beef, and even, if necessary, some Liebig's Extract of Beef. The point is to have it quite dark brown and of a good strong meat-flavor. To this add gelatine in the proportion of 10 or 12 leaves to the quart. You have meanwhile prepared the White Sauce. When the Brown Sauce is also perfectly cold, but not hard, dip each slice of the pâté in the White Sauce, carefully coating all the surfaces, and place on an oiled dish. Set on ice till quite firm, placing on each piece, when coated with both sauces, a neat slice of truffle or of white of hard-boiled egg cut in a design. When firm dip each slice in the Brown Sauce, which must be on the point of hardening. Set away again to harden. Each slice must be entirely covered on all sides with both sauces. When perfectly firm, brush over with the light broth-jelly, which serves to give the finishing glaze. Arrange in a circle on a bed of crumbed jelly; garnish prettily, and serve with a fine salad, such as that of lettuce-hearts. (See receipt.)

A BASKET OF CHERRIES.

Take a terrine or tin of some fine French game-pâté. Remove the fat from the surface; chill the pâté well and cut it in round balls with the knife made for potato-balls. Have

ready a brown chaud-froid sauce, as described for Partridge Pie. Also prepare a light broth jelly and an oiled dish. The process is the same. Having coated the balls on all sides, place them on the dish to harden. When quite firm, dip them a *second time* in the same brown sauce. When quite firm brush over with the glazing-broth jelly. Meanwhile take as many small paper cases as you have "cherries." Fill the bottom of each to the depth of ½ inch. When firm, place in each a "cherry," filling the space between it and the sides of the case with crumbed jelly. Have ready a round dish which will fit in a pretty basket. On the dish put a bed of crumbed jelly. Arrange the "cherries" on this and serve in the basket, tastefully garnished with green leaves—cherry leaves, if possible.

LOBSTER FILETS À L'ITALIENNE.

FILETS DE HOMARD, ETC.

Boil a fair-sized lobster in salted boiling water. Let it cool in the same water. Prepare a thick Mayonnaise Sauce, to which add, for 1 quart of sauce, 5 or 6 leaves of gelatine which have been washed and melted in a little hot wine vinegar. Have ready also an evenly-sliced truffle and some light broth-jelly (or fish-broth jelly, if preferred).

When the lobster is quite cold and thoroughly drained from all water, take a pair of scissors and cut off the shell from the upper surface of the tail. Remove the meat entire. Take out the vein, as usual. Cut the tail in neat, even ½-inch slices. Dip these in the mayonnaise jelly and place them on an oiled dish to harden, laying a slice of truffle on each slice of lobster. When quite firm, brush over with the glazing-broth, and set away again till perfectly firm.

Meanwhile cut from a large loaf all the crust, leaving the bread 2 or 3 inches thick. Place it on a dish, and on this arrange the lobster, at full length, and as flat as possible, placing the little claws along the sides as a garnish (the large claws sliced may also be served in jelly). Now fill the

open, hollow shell of the tail with Italian Salad (see receipt). When ready to serve, place the jellied slices of lobster neatly and carefully along the back, on top of the salad. Serve.

JELLIED SHRIMPS.

ASPIC DE CREVETTES.

Prepare about 1 quart of good and well-seasoned fish-jelly, using some delicate sea-fish for the purpose. The fish-broth should boil with ½ bay-leaf, a few spices, a bunch of celery-leaves, parsley, a sprig of thyme, onion, a few pepper-corns, and some salt. Clear the broth before adding the gelatine. Strain through a bit of finest muslin. Add a little white wine or madeira. Now take a round, smooth mould, rinse in cold water, and pour in fish-jelly ½ an inch deep. Set away to harden. Then place on this, as your taste may guide you, vegetables such as green peas, truffles cut in dice, carrots, green beans, capers, cauliflower, previously boiled and chilled. To be more sure of their remaining in place, pick up each, by the aid of a coarse needle, and dip it in the liquid jelly before placing it. When arranged, pour in jelly to cover and set again to harden (on ice is the quickest). Now fill the rest of the mould to the top with shelled fresh shrimps, which have been boiled in salt water and chilled. Over this pour the fish-jelly until every space is filled. Set away to harden. Serve garnished with crumbed jelly, parsley, lemon, etc., and at the same time serve a Sauce Emmanuel.

CHICKEN MAYONNAISE WITH TOMATO JELLY.

Skin, cut in pieces, and stew gently for at least an hour enough fresh tomatoes to equal nearly 1 quart of liquid. With the tomatoes put 2 shallots chopped and slightly fried in very little butter, 1 small bay-leaf, a sprig of thyme, 2 cloves, a good bunch of parsley, some celery leaves, 1 small teaspoonful of butter and 1 lump of sugar. When well cooked, press through a sieve all the liquor and pulp of the

tomatoes. Of this take 1½ pt. and add to it while boiling 2 oz. of gelatine which has previously been soaked in ½ pt. of strong meat broth. If not very strong, add some Liebig's Extract. Stir over the fire until the gelatine is quite dissolved; set aside to cool. Add 1 teaspoonful of madeira. Have ready a 1-quart border-mould of earthenware or china—not metal. Fill the border-mould with the tomato-purée, when it is cool enough, and set away to harden. Note that in hot weather a larger proportion of gelatine is required for all jellies, but the average is given in these receipts.

Meanwhile have ready a fine, tender chicken which has been stewed or boiled whole. When it is very cold, remove the skin and cut it in good pieces from the bones, say 2 x 3 inches. Make a thick Mayonnaise Sauce; coat the pieces of chicken thoroughly; sprinkle them with finely-chopped parsley and tarragon. Turn the tomato-jelly out on a round dish; garnish it prettily. Pile the pieces of chicken neatly in the centre and serve very cold. As garnish may be recommended pale, well-crisped lettuce-leaves. Mayonnaise may also be served in a sauceboat at same time.

VEGETABLE SALAD.

SALADE DE LÉGUMES.

Carrots, turnips, potatoes cut in balls, boiled in salted boiling water, and chilled. Peas, green beans, flageolet beans, beets sliced, and a young cauliflower, boiled and chilled. Drain all quite dry. Remove the coarse stem from the cauliflower without breaking it. Place the cauliflower in the middle of the large salad bowl, or round, deep dish. Then place in little heaps, alternating tastefully the colors, all the other vegetables. Over the whole pour quite half a teacupful of Plain French Dressing (see receipt). Sprinkle the whole thickly with finest chopped parsley, chervil, and tarragon. Serve at the same time in a sauceboat some of the same salad-dressing.

ITALIAN SALAD.

SALADE ITALIENNE.

Use the same vegetables, prepared as above, but separate the cauliflower in small pieces. Add anchovies, sliced truffles, hard-boiled eggs cut in quarters, and hearts of young, well-bleached lettuce, also quartered. Set aside the eggs and lettuce-hearts. Dress all the other ingredients with Plain French Dressing, mixing in even a few spoonfuls of mayonnaise. Mix all thoroughly. Garnish with the lettuce-hearts and eggs. Sprinkle thickly with finest chopped parsley, chervil, and tarragon, and serve. This is the salad used in receipt for Lobster Filets a' l'Italienne.

A DELICIOUS LETTUCE SALAD

is made of the palest bleached Boston lettuce, using the hearts only, well crisped and drained and carefully mixed with thick mayonnaise in such a way as not to crush or wilt the lettuce, to keep each quarter clearly separated, and no *liquid* sauce between the pieces, which must be piled neatly in the salad-bowl.

SAUCE MOUSSELINE.

Mix together in a saucepan 1 tablespoonful of butter with 2 of flour. Stir it over the fire, then set it back, stirring occasionally, and being very careful not to let it brown. Let stand 45 minutes in this way. Then stir in slowly boiling pale broth (fish or meat, according to what may be required) until of the consistency of cream. After boiling and stirring for a few minutes, move it aside and let it settle, then skim off any butter that may have risen to the top. Now beat together in a bowl the yolks of 2 or 3 eggs. Then strain the sauce through a very fine sieve, or even a piece of muslin, and return to the fire in a clean saucepan. Bring to a boil, and then beat the sauce gradually into the bowl of eggs.

Add a few drops of lemon-juice. Set on the fire until it boils up once, but be very careful not to let the egg harden. Add a lump of fresh butter the size of a hickory-nut. Then beat it hard with an egg-beater, and serve at once. This is to be served with asparagus, boiled artichokes, boiled fish, etc.

SAUCE EMMANUEL.

Make a mayonnaise into which you have worked a salt-spoonful of mustard, mixed beforehand; or a Mustard Dressing (see receipt). Into this stir, chopped as fine as powder, and mixed together, tarragon, parsley, fine celery leaves, chervil, chives in sufficient quantity to make the sauce quite green. The flavor of tarragon may predominate slightly. Add 2 or 3 drops of tabasco, and a little lemon-juice.

EGGS, SOUBISE STYLE.

ŒUFS À LA SOUBISE.

Peel 8 white onions and cut them in small pieces. Put them in a stewpan with a large tablespoonful of fresh butter. Let them become gold color, then cover and place where the onions will continue to stew gently without further browning, until perfectly tender, perhaps 45 minutes to 1 hour. Now boil hard 6 or 8 eggs. Shell, cut in quarters, and keep warm without further hardening. When the onions are done, add salt, pepper, a few drops of vinegar, and a little chopped parsley. Beat together 1 or 2 raw eggs. Pour the boiling onion purée on these and beat till well mixed. Return to the fire and stir constantly for 1 or 2 minutes. Pour this over the eggs, garnish with bits of toast, and serve.

EGGS STUFFED WITH ANCHOVIES.

Boil 6 eggs hard. Lay in cold water, then remove the shells. Cut in half, lengthwise, and arrange on a flat dish. Now take for each half-egg 1 anchovy. Wash; remove

head and back-bone, and pound fine in a mortar, or chop as fine as possible. To this paste add the yolks of the hard eggs and a large lump of very fresh butter. Rub all together to a perfectly smooth paste. With this fill the half-whites, garnish with parsley, and serve cold. Or keep the whites warm while you put the above paste, to which you have added 1 whole raw egg and enough fine white crumbs to thicken a little more, on the fire. Then fill with it the half whites and serve hot, with or without an anchovy sauce.

EGGS À LA CHIPOLATA.

Break 6 whole eggs into a bowl and beat slightly with 2 tablespoonfuls of rich cream. Have all ready heated a little rich Brown Sauce well seasoned and strong with meat-juice, in which you have put cold ham, tongue, cooked mushrooms and truffles, all cut in fine shreds or little strips. These must be mixed with just enough of the sauce to moisten without making the mixture liquid. Put a piece of fresh butter in a round-bottomed saucepan, and, when hot, pour in the beaten eggs, and stir unceasingly, always scraping from the bottom of the saucepan the eggs before they have time to become hard and coarse. When nearly done, stir in the above ham and tongue mixture. Mix thoroughly and serve immediately in a deep dish. Garnish with croûtons and cover tightly. With this may be served a little of the sauce used in the ham mixture, with chopped mushrooms and truffles.

EGGS STUFFED WITH CHICKEN.

Prepare as for eggs stuffed with anchovies, substituting cold minced chicken for the anchovies, and working into paste some thick tomato purée. If served hot, add a raw egg and a few bread-crumbs to the paste before heating, and serve at the same time a Tomato Sauce; or if served cold, a mayonnaise of lettuce-hearts quartered.

TRUFFLED EGGS.

Prepare the same paste as for eggs stuffed with anchovies, but with only ⅓ the quantity of anchovies, chopped truffles, mushrooms, a little fine white bread-crumbs, 1 egg. Serve hot.

LYONNAISE OMELETTE.

Peel and cut fine 1 large white onion. Stew it in a tablespoonful of butter until quite tender, and golden brown—not crisped. Break in a bowl 6 eggs. Beat until mixed, then beat in the onion and fry as usual, leaving the centre always a little soft. Fold over and serve quickly.

HASTY PUDDING, ITALIAN FASHION.

Prepare plain boiled mush of Indian meal. When well-boiled and thick, spread it out on a flat dish and set away to cool and harden. Then cut in diamond-shaped pieces; dip in egg and grated cheese, and fry in hot butter until slightly browned. Serve very hot for luncheon.

FINE PANCAKES.

To 1 egg allow 3 even tablespoonfuls of sifted flour. Beat well together. Add enough milk to make a very liquid batter, also a pinch of salt. Heat a very smooth frying-pan which has a low edge. Grease this with a very little *melted* butter. When hot, pour in just enough batter to cover. As soon as this sets, turn over quickly. Roll up with jam, jelly, or cinnamon and sugar. These may also be filled with a delicately-flavored soft custard, and are then called "à la Celestin," and make a very dainty sweet-dish.

APPLE PANCAKES.

Pare, slice thin, scald, and dry thoroughly some cored cooking-apples. Make a batter as above, only less liquid. Mix in the apples. Fry in very little butter; roll, sprinkle with sugar, and serve very hot.

SOUFFLÉ OF CAULIFLOWER.

SOUFFLÉ DE CHOUFLEUR.

Take a small cauliflower weighing a little less than 1 lb. After cleaning it, let it lie in cold water and vinegar for quite 15 minutes. Drain and boil in salted boiling water for 15 minutes. Drain very thoroughly, and press through a fine sieve. Meanwhile butter thickly the inner walls of a mould, and then dredge flour over this butter, coating all sides and bottom evenly. Now put 2 oz. of butter with 2½ oz. of flour in a small saucepan and stir together over the fire without browning. Then add gradually about 1 cupful of boiling milk. Add salt; boil 5 minutes, stirring constantly. Now add the purée of cauliflower which you have prepared. Beat together perfectly dry the whites of 5 eggs. The 5 yolks to be beaten first into the mixture; the whites at the very last, and lightly. Pour this into the mould and bake ½ hour in the oven, covering with a buttered paper if it browns too quickly. The sauce to be served with this is made like White Sauce, using some of the water in which the cauliflower has boiled to blend it, and adding at the last moment, when removed from the fire, ½ cupful of whipped cream. Turn out the soufflé in a hot dish and serve the sauce in a sauceboat.

CARROT CROQUETTES.

Scrape and boil some fine young carrots. Boil till about half done, then drain dry, and grate them. Add enough thick Cream Sauce to bind the purée together, also 1 egg to each cupful of the mixture, sugar and salt to taste. Set away. When quite firm, form into croquettes, dip in egg, and fine breadcrumbs, repeating the dipping if neccessary. Fry in deep boiling lard, and serve with a bunch of fried parsley. The same may also be sliced when cold, dressed, and served with lettuce salad.

NEW BAKED POTATOES.

Choose large potatoes, the roundest in form. Bake in the

oven, pressing frequently with a cloth, to make the interior fine and mealy. When done, cut carefully in half. Scoop out the interior; mix with a large lump of very fresh butter, pepper, salt, a little thick cream and grated parmesan and gruyère cheese. With this fill the shells, making a hollow in the centre of each. In this hollow break carefully a fresh egg. Place these in the oven till the egg is almost firm, and serve quickly.

POTATO CAKES.

Peel and grate some raw potatoes, putting the pulp thus made on a sieve to drain off all the liquid. To this purée add egg and flour enough for quite a thick batter. Add a pinch of salt, sugar, and a little grated lemon-peel. Fry in little cakes in hot butter, browning lightly on both sides. Serve very hot.

AUGUSTA TART.

Put on the ice ½ lb. of finest butter. Sift ½ lb. of flour. When the butter is well chilled, put the flour in a heap on the pastry-board (or, better, on a marble slab). Make a hole in the centre of the flour and pouf in 1 sherry-glass of ice-water. Work these well together. Then put in the entire ½ lb. of butter. Fold the paste over it. Now roll out and fold over the paste 7 (seven) times. Then fold once more and set away in a cold place for at least 6 hours, but better still until the following day. Then roll the paste out thin, and cut to the size of a flat, round tin bakepan—without any edge is best. Lay the layer of paste on the tin and prick it lightly all over the surface with a fork. Again set away in a cold place for at least 10 minutes until thoroughly chilled. There should be several layers thus prepared. To bake them, place in a moderate oven; if blisters form, prick them with a fork. If the paste shrinks from the edges of the tin, draw it carefully back in shape with a fork. The essential points are to thoroughly chill the materials, and to set aside after each handling; also to make the paste in the early

morning if required for evening dinner, or the day before if required for earlier use. Roll always *away from you*, and not too heavily. Also do not use extra flour for the rolling out. It should not be necessary with all the materials well chilled, but in case of need, reserve a portion of the ½ lb. allowance.

As each layer is baked a delicate gold color turn it out from the tin and let it cool absolutely, before touching. The remaining bits of paste must be rolled out and cut into leaves or crescents and baked, for use in trimming the tart.

When all is ready, place a layer of the pastry on a round dish and cover with a layer of fine jam; on this another layer of pastry, then jam, until all the pastry is in place, the top finishing with the pastry. Around the edges place the leaves or crescents you have prepared, dipping each on the under side in a sticky paste of white of egg and sugar. This will dry and keep the ornamentation in good shape. The tart may be varied by using two different jams or jellies between the layers, care being taken to combine such as will blend well together.

The above receipt is wonderfully successful and unvarying, and the process seems to do away entirely with the capriciousness of puff-paste prepared in the ordinary way. It is very light, flaky, and brittle, in fact most excellent.

ALMOND CUSTARD.

1 quart of milk, boiled,
¼ pound sweet almonds,
4 bitter almonds,
6 or 8 yolks of eggs, 4 whites,
Granulated sugar to taste,
Macaroons, apricot jam.

Peel the almonds and pound fine in a mortar. Beat the eggs in a bowl. When the milk is boiling, pour it on the eggs, beating constantly. Sweeten to taste. Add the almonds. Strain out any lumps. Return to the fire and stir till thick, being careful not to cook quickly or it will curdle. Line a glass dish with macaroons spread with jam. When cool, pour the custard into the dish, and serve icy-cold.

STREUBELING (AUSTRIAN).

Take 2 ounces of butter, ½ pint of milk, a pinch of salt, and heat all together till the butter melts, but do not boil. Into this lukewarm milk work enough sifted flour to make light batter, with the yolks of 2 or 3 eggs. Beat the whites to a stiff froth and work them into the batter. The batter should now be like a very thick cream. Now have ready on the fire a deep frying-pan of boiling lard. Put the batter in a pitcher or other vessel from which you can pour it in a small but steady stream. First pour it in even, unbroken lines across the bottom of the pan with a slight space between each row, to allow for the batter to swell. Then put a series of the same rows in the opposite direction and over the first, so that the paste forms a gridiron, as it were. As soon as you see the under layer begin to get firm, turn the *whole thing*, both layers together, so that what is least cooked is now at the bottom, and when all are firm, and golden brown, remove from the fat all in one piece; drain thoroughly, sift powdered sugar over, and eat hot. The texture when done should be very crisp and light—something like fresh-baked old-fashioned crullers. It is most delicious, and although it may be a little difficult to fry neatly in shape, practice will soon make it easy—and it is well worth the trouble.

CHAFING-DISH RECEIPTS.

NOTE.—In the chapter on "Savory Relishes" will be found some receipts which may also be used for the chafing-dish. The chapter on "Eggs" will also contribute several.

WELSH-RAREBIT.

3 cups of cheese,	1 yolk of egg,
Worcestershire Sauce,	Cayenne, salt,
Butter the size of a walnut,	Beer, ale, or porter.

Melt the butter with the seasonings. Put in the cheese and stir until beginning to melt, adding by degrees beer, ale, or porter (former preferred), about a gill, according as required. When the cheese is melted, stir in quickly the yolk of egg, and serve immediately on buttered toast. American cheese is best for this purpose.

CREAMED LOBSTER.

Cut cold boiled lobster in pieces. Put a large lump of butter in the chafing-dish, add salt, cayenne, and ½ a cup of cream. When the butter is melted, lay in the lobster with all its fat. Stir the fat and cream together, cover, when boiling, stir in ½ a teaspoonful of cornstarch blended with 2 tablespoonfuls of cream, and stir about 2 minutes. Then add 1 or 2 tablespoonfuls of sherry and serve.

SARDINES WITH ANCHOVY BUTTER.

Melt 1 tablespoonful of butter in the chafing-dish with about a level teaspoonful of anchovy-paste. When melted,

remove the skins from some boneless sardines and lay them in the butter for 3 or 4 minutes, basting them meanwhile with the butter. Lay them on thin slices of hot toast, and cover with the butter. If liked, the chafing-dish may be rubbed with a clove of garlic cut open, before putting in the butter.

STEWED OYSTERS.

25 oysters and their liquor, Butter the size of a walnut,
1 teaspoon of cornstarch, Milk,
Salt, pepper, nutmeg or mace.

Put the butter into the chafing-dish. Strain the liquor from the oysters. When the butter is melted, add the liquor. When this boils, put in the oysters. Mix the cornstarch with just enough milk to blend it thoroughly, about ⅓ of a cup. When the beards of the oysters have begun to curl, and they are boiling briskly, stir in the blending. Continue to stir for about 2 minutes, adding salt, pepper, a very small pinch of nutmeg or mace, or a little celery-salt and 2 teaspoonfuls of sherry wine.

SOFT CLAMS STEWED.

In the spring these are at their best. Obtain, if possible. soft clams that are opened expressly, and the juice saved. Those that are tied in bunches and sold at the fish markets are a poor substitute. Strain the juice into the chafing-dish. Add a large lump of butter, pepper, and salt, and bring to a boil. Then put in the clams whole and stew gently until almost firm. Blend together some cornstarch and milk, allowing about 1 teaspoonful of cornstarch and ⅓ of a cup of rich milk to a pint of stew. Bring the stew to a brisk boil and stir in the blending. Boil and stir for about 2 minutes until smooth and slightly thickened and serve immediately. A very small pinch of nutmeg or mace may be added, according to taste.

FRESH MUSHROOMS STEWED.

Remove the skins from the tops and scrape the stalks of

the mushrooms. Cut the stalks in small pieces and leave the tops whole, if very young. The larger ones should be cut to a uniform size that they may cook evenly. As they are prepared throw them into a bowl of cold water in which there is about 1 tablespoonful of vinegar to a quart of water. Let them stand 15 or 20 minutes. Now put a large tablespoonful of butter (for a quart bowl full of mushrooms) into the chafing-dish, also a saltspoonful of salt and a teaspoonful of Worcestershire Sauce. When the butter is melted, lift the mushrooms out of the water, not draining them. Mix them well with the butter and seasonings, then cover them and allow to stew, stirring occasionally, for 10 minutes or more, until they lose their crispness and become a little tender. Too much cooking destroys their flavor. Blend together a teaspoonful of cornstarch and about 2 tablespoonfuls of cream. Stir this into the boiling mushrooms and continue to stir for about 2 minutes until the sauce is smooth and the cornstarch thoroughly cooked. Serve on toast. The above receipt is very simple but gives the full flavor of the mushrooms.

MINCED VEAL.

Cold veal cut in dice,
Cold ham cut in dice,
Meat jelly or strong stock,
Lemon juice,
Worcestershire Sauce,
Mushrooms, canned or fresh.

Heat about a cupful of jelly or stock, add the meat, seasonings, and mushrooms. When thoroughly heated and boiling, add a teaspoonful of cornstarch blended with a little cold stock, and stir for about 2 minutes, until smooth and slightly thickened. Serve on toast.

CREAM OF CHICKEN.

Cold chicken cut in small pieces,
Butter the size of a walnut,
Flour, twice the bulk of the butter,
Cup of milk,
Seasoning,
1 teaspoon of chopped parsley.

Melt the butter; add the milk, reserving a little to blend the flour. When the milk boils, stir in the blended flour,

and continue to stir until quite smooth. Add the chicken, and stir to prevent scorching, until the chicken is thoroughly heated. Then add the seasonings and chopped parsley and serve on toast.

Cream of turkey, or veal, or lamb may be made in the same way, except that the meats are better minced.

CHICKEN WITH ARTICHOKES.

Pieces of cold chicken,
Lemon juice,
1 small can of Fonds d'Artichauts,
1 cup of meat jelly or strong chicken broth,
Salt and pepper,
1 teaspoon of Worcestershire Sauce.

Heat the chicken-broth, reserving a little with which to make the blending later. Add seasonings. Lay in the pieces of chicken, then after a minute or two, the artichokes. Cover and heat thoroughly. When boiling, stir in ¾ of a teaspoonful of cornstarch blended with some of the cold broth. Stir for about 2 minutes and serve.

CHICKEN WITH GREEN PEAS,

CHICKEN WITH MACÉDOINE OF VEGETABLES.

may both be prepared exactly as above, substituting canned or fresh peas, or canned macédoine. These canned vegetables should be drained and washed through with cold water before using.

DUCK AND OLIVES.

Cold duck cut in pieces,
1 cup of meat jelly or strong stock,
½ cup of pitted olives,
Seasonings,
Sherry,
Cornstarch.

Heat the stock, reserving a little to blend the cornstarch. Add 2 tablespoonfuls of sherry and a teaspoonful of Worcestershire Sauce and salt. Lay in the pieces of duck, then the olives. When thoroughly heated and the sauce boils, add 1 teaspoonful of cornstarch blended with some of the cold stock. Stir and boil about 2 minutes and serve.

QUAIL AND OTHER SMALL BIRDS

may be dressed in the same manner as Duck and Olives, using mushrooms or olives, or the sauce alone, according to taste.

SWEETBREADS.

These may be dressed according to receipt for Fricasséed Eggs, or with the sauce given for Duck and Olives, using in that case mushrooms in place of the olives, or they may be prepared as follows: Having had the sweetbreads thoroughly boiled beforehand, and strings and fibres removed, lay them in the chafing-dish whole with a large lump of butter and a few bits of bacon. Turn them in the butter until slightly browned. Baste then generously with sherry wine. Now add 2 or 3 tablespoonfuls of very strong stock or meat jelly, also salt and pepper. When the sauce boils, stir in a little blending—about ½ a teaspoonful of cornstarch dissolved in about a tablespoonful of cold stock. The blending, however, is not absolutely necessary. Serve with the bits of bacon.

VENISON WITH JELLY SAUCE.

Put into the chafing-dish equal quantities of currant jelly, butter, and port wine or claret. When the jelly is melted, add salt and pepper generously. Lay in slices of cold venison, underdone. Turn the slices. A little blending of ½ a teaspoonful of cornstarch and wine may be added when the meat is hot and the sauce boiling. Stir and boil for about 2 minutes, then serve.

PORK TENDERLOINS.

These, prepared according to receipt for Venison with Jelly Sauce, are highly recommended. The tenderloins should be cooked beforehand, either broiled or done in a very hot fry-pan with butter. But in no case should they be too much cooked, or the reheating will make them hard.

The tenderloins may also be warmed in butter melted with a little French mustard, Worcestershire sauce, capers, and salt.

MUTTON WITH JELLY SAUCE.

Prepare according to receipt for Venison.

EGGS WITH ASPARAGUS TIPS.

1 small can of asparagus tips,
2 tablespoons of milk,
1 tablespoon of butter,
6 eggs,
Pepper,
Salt.

Put the butter in the pan with the asparagus tips, which have been previously drained from their liquid and lightly washed through with cold water, then drained quite dry. Have ready in a bowl the eggs, slightly beaten with the milk. When the asparagus is hot, and seasoning has been added, stir in the eggs, and continue to stir from the bottom until firm enough. Then serve immediately on slices of buttered toast.

EGGS WITH TOMATOES.

1 teacup of very thick stewed tomatoes,
1 large teaspoon of chopped parsley,
Butter, size of walnut,
6 eggs,
Salt and pepper,
2 tablespoons of milk.

Beat the eggs slightly in a bowl with the milk. Put the butter, tomatoes, and seasonings in the chafing-dish, and when thoroughly heated, and not before, turn in the eggs. Stir always from the bottom until firm enough, then stir in the parsley, and serve on buttered toast.

EGGS WITH HAM AND TOMATOES.

½ cup of thick stewed tomatoes,
½ cup finely chopped cold ham,
1 teaspoon finely chopped parsley,
Butter, the size of walnut,
6 eggs,
Pepper,
Salt,
2 tablespoons of milk.

Melt the butter with the ham and tomatoes. When thoroughly hot, add seasonings, then the eggs, which have

been slightly beaten in a bowl with the milk. Stir always from the bottom until firm enough. Then add the parsley, and serve on slices of buttered toast.

SMOKED BEEF AND EGGS.

Put a large lump of butter in the chafing-dish. Lay in some thin slices of smoked beef, and cover for a minute or two. Meanwhile have ready in a bowl the eggs, slightly beaten with about 1 tablespoonful of milk to every 2 eggs. When the beef is hot stir in the eggs, pepper, and very little salt. Stir always from the bottom until the eggs are firm enough, then serve. A little chopped parsley is an improvement.

EGGS STIRRED WITH TRUFFLES.

Follow the receipt for Truffled Eggs au Jus.

EGGS AND CHEESE.

6 eggs,	2 tablespoons of milk,
Soup-plate of grated American cheese,	Butter, the size of walnut,
1 teaspoon of Worcestershire Sauce,	A little salt, Cayenne.

Melt the butter, and add the seasonings. Then stir in the eggs, which have been slightly beaten in a bowl with the milk. Stir the eggs always from the bottom. When nearly firm enough, but not quite, turn in the cheese and stir until it is melted and the eggs firm enough, being careful not to let it stick at the bottom of the pan. Serve on slices of buttered toast.

FRICASSÉED EGGS.

6 hard-boiled eggs,	1 cup of milk,
Butter, the size of a walnut,	Salt and pepper,
Flour, twice the quantity,	Chopped parsley,

A few drops of onion juice.

Melt the butter, and add the milk, of which keep back enough to blend the flour. When the milk boils, stir in the

blended flour and continue to stir until thick and smooth. Add seasonings. Cut the hard eggs in quarters and place in the same until thoroughly heated. Lastly, stir in the chopped parsley and serve on buttered toast.

EGGS WITH ANCHOVY TOAST.

Prepare hard-boiled eggs according to preceding receipt. Have ready some buttered toast, on which spread some anchovy-paste. Serve the eggs on this toast and cover with sauce.

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